

# SEVEN DAYS

LOCKDOWN  
AND OUT

Page 11  
The bucks stop  
at Woodside  
Juvenile



## THE WELLNESS ISSUE



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Seniors kick butt at boot camp



**SALT ON THE WOUND**

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NaCl for the cure in a VT "cave"



**BRING ON THE BUTTER**

PAGE 44

Making the case for saturated fats

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CONTACT INFORMATION



# CORRECTION

There were numerous mistakes in last week's paper. The news story "High and Dry: Malletts Bay Cottagers Must Vow 'Their Homes' modified the source of Dan Suprenant's position as the reporter is from Irvington, N.Y. as a descriptor for South Burlington. "If in First You Don't See: Tramp Could Revitalize Vermont Movement" noted that a 2009 poll conducted by the University of Vermont's Center for Rural Studies found 8 percent support for secession statewide. It should have added: The following year, the same group found 13 percent of Vermonters were in favor.

In an article "Cutting Edges" about musical new player Johnnie Day, we noted, unidentified, the drummer of his band Silver Bridge. He is John Townsend. "Hop Processors Tap the Surveillance Culture of Hungary's Communist Past" contained incorrect information about the performance history of both Potter and Company. It is the group's first residency U.S. tour. The company performed Pioneer Opera at Lincoln Center Festival in New York City in 2009. "Cath of the Day" underestimated the size of Woodstock's 506 on the River Inn. It has 52 rooms, not 28.

Finally, doing back to our double issue that published on December 28, 2016, "The Life Stories" piece remembering Jordan Smith confused the names of two sources. Their correct names are Scott Lavett and Shaun "Shitty" Stetson.

graffiti on the property of big, seemingly business-conscientious tasks more work for the lower-paid employees and increases costs to consumers. At no point is a representative of the partnership or the 1 percent on his hands and knees cleaning graffiti and saying to himself, "Hey, was I wrong. This graffiti taught me a lesson — now I know I should be making America nice again."

Graffiti also increases crime. The University of Groningen in the Netherlands conducted an experiment using a freshly painted alley with a mailbox and an envelope sticking out of the mailbox. Money was visible inside the envelope. Thirteen percent of passersby took the money. When the experiment was conducted in the same alley deliberately covered in graffiti, 37 percent of passersby took the money. Graffiti may not encourage more people to vandalize stuff, but it will encourage people to violate normal behavior. In this case, it doubled the number of people who would steal from their neighbor.

People who like to paint walls should be free to do so, but they should paint their own walls.

Peter Oulund  
CHARLOTTE

## CAN'T GO IT ALONE

The economy of Vermont would completely collapse without the massive amount of federal funds that prop up our fine state. [If in First You Don't See: Tramp Could Revitalize Vermont Movement, January 14] Moreover, secession is contrary to what democracy stands for. As for one, we so tired of the publicity of both the human studies and Donald Trump parties. They both have valid points to make but are horrifically misguided in their incessant finger-pointing and unwillingness to compromise. Let's let these two polarizing forces divide us. Take the best ideas from both sides, discard the worst and have the courage to compromise.

Russell Beale  
BURLINGTON

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as I see that Act 18 is threatened and that her voice would be there with mine were she still alive.

Stephen Barnes  
WATSFIELD

## SAW'S ALL

[Re "Cutting Edges," January 14] I've seen Silver Bridge a few times, and I think they are fantastic.

Mike Santocruz  
SOUTH BURLINGTON

## NO GOOD GRAFFITI

[Re "Vermont Artists Become Activists, Raising Consciousness and Funds," December 28, 2016] I know nobody likes a stick in the mud or a petty pique, but I have to say Seven Days is wrong to glorify graffiti or treat it as an art. Graffiti in public places increases the workload for public employees and increases taxes for the community. Graffiti is a criminal offense both the small-business owner. Even

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& Vincent Segal

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Southwest String Quartet Op. 127

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**The Chieftains**

## MARCH

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JANUARY 18-25, 2017 VOL.22 NO.16



## LOOKING FORWARD

This annual issue falls in January for one good reason: It's January — a first month in a new year is all the incentive we need to at least want to get fit, clean up our diets or — stop smoking! Yes, one writer takes on his **SLEEP APNEA** by playing the doggerel. And by learning circular breathing, which is cool. We pick up some pointers from a **PILATES** class and check out two justices keeping warm on their toes — a Burlington **PROGRESSIVE** and a bumb-busting **ROCK CAMP** in Middlebury. Hey, nobody's getting any younger, so... We vicariously experience halotherapy — aka down time in a **SALT CAVE** — in Montpelier. Can NaCl cure and calm us? Maybe. But we're especially happy to learn that **SATURATED FATS** are back on the out-the-list list. This is the better!

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# 7



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MUST DO  
THIS WEEK  
COMPILED BY  
KRISTEN RAYIN

# 1



## THURSDAY 19-SATURDAY 25 HOT IN HERE

It may be one of the coldest months of the year, but the Green Mountain State is about to get a whole lot hotter. The Vermont Burlesque Festival presents a luscious lineup of local, national and international talent, including Montreal's Bibi Lolo Bingling (pictured) and stage-dance legend April March. Want us on the scene? Look from the pros in a variety of performance classes.

SEE CALENDAR LISTING ON PAGE 53

## FRIDAY 20 & SATURDAY 21 Out to Pasture

Folks who have a hand in farming and food production may find that the pros to go are at the Vermont

Growing & Livestock Conference. More

than 300 farmers and agricultural resource providers from across the Northeast convene at Lake Umbagog, where attendees will up their skills with workshops, discussions and a trade show focused on the future of cultivation.

SEE CALENDAR LISTING ON PAGE 53

## THURSDAY 19

### A Noteworthy Career

From his childhood outside of Boston to his celebrated work as a producer for the likes of *John Wick* and *Gladiator*, *John Woo* (pictured) is at an open house... a Vermont-based songwriter looks back on his Academy Award-winning 2014 autobiography in it for the Long Run: A Musical Odyssey. Fans can meet with him at a reading at the Manchester Library.

SEE CALENDAR LISTING ON PAGE 53

## FRIDAY 20 & SATURDAY 21

### Swan Song

After 12 years, *Freedom* is wrapping down from their position as one of Vermont's top acts, as the banding members Collin and Ryan Deane prepare to move west. Songs in two languages say "looking" with queer intimacy, including one in French and an a cappella love-song performance of Robert Spenner's "Pinkie" at the Arts Center.

SEE SPONSORING ON PAGE 53

## FRIDAY 20-SUNDAY 22

### Open Season

Members who frequently find themselves in field and stream get their sights on the *Seasonal Sportsman's Classic*. Since 1993, the club has set up shops at the Champlain Valley State where hunting and fishing enthusiasts stock up on everything they need to make the most of their season. With more than 50 live vendors, early hunting and fishing gear, and a variety of food and drink, it's a great way to get your season off to a good start.

SEE CALENDAR LISTING ON PAGE 53

## TUESDAY 24

### Woman Behind Bars

According to the American Civil Liberties Union, more than one million United States women are incarcerated living under the control of the criminal justice system. At gender Burlington Women's Prison, panel discussion "Imagining Justice for Women" explore the particular ways women's incarceration in the United States affect families, the legal system, and the economy and society at large.

SEE CALENDAR LISTING ON PAGE 53

## TUESDAY 24

### Artist Statement

In celebration of *Mountain Music*, July 19th marks the 20th anniversary of the performance piece *New Society* for guitar, which is the stage. It is a performance about the power of music, the power of the word, and the power of the body. It is a performance about the power of the word, the power of the body, and the power of the word. It is a performance about the power of the word, the power of the body, and the power of the word. It is a performance about the power of the word, the power of the body, and the power of the word.

SEE CALENDAR LISTING ON PAGE 53

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## The Usual Suspects

"I'm not involved in politics. I'm not in the administration, I don't have to talk to anyone. And I certainly don't have to talk to you."

Those were sentiments once last week from **DAVE FOWLER**, Republican Gov. Scott's best bud, political confidante and inaugural gale co-chair. And, yes, he was addressing Your Humble Correspondent.

I called Wally to inquire about the finances of the January 7 charity gala, a heavily subscribed affair that attracted hordes of Vermont's business and political elite to the South Burlington headquarters of the Vermont Air National Guard. The invitation listed Wally as the contact person for the event, so it seemed appropriate to seek answers from him.

Guess not. Because the gala was hosted by a 501(c)(3) created for the occasion — and not Scott's campaign committee — its organizers were under no legal obligation to disclose the names who financed it. So if a corporate interest wanted to curry favor with the new gov by cutting a \$25,000 check, we might never know about it — unless he decided to volunteer the information.

Scott's government staffers may yet prove more forthcoming than Wally. According to spokeswoman **ANGELA REIDEN**, "The organizers plan to disclose the financial details once finalized and verified, and are hoping that will be completed [this] week."

Fair enough. In the meantime, a program obtained by Your Indemnities Screener provides some clues about who gave what. It features a donor list including all the usual suspects: state and national corporations and interest groups, lobby shops, and French of Phil. Donors could choose between three sponsorship levels: Platinum (\$25,000), Gold (\$2,000) and Silver (\$1,000). If all the donors listed on the event program gave the minimum, the organizers raised a cool \$285,000 from the high rollers alone.

Add in the proceeds of general-admission tickets at \$80 apiece, and the total haul will likely be north of \$300,000, the vast majority coming from the Connected Class.

Oh, and just so you know: Because proceeds from the gala are donated for charity, the big donors are getting a nice tax write-off.

The gala's organizing committee

was peppered with prominent business leaders, including Burlington and estate magnate **DAVE FOWLER** and Green Mountain Power CEO **MARY POWELL**. And it included a host of well-connected lobbyists, such as **JANE FENHAM**, **ADAM MCNEILDA**, **KEITHER HOLLAND** and **WEDD HUBBARD (YOUNG)**.

The lobbyists' task, it appears, was to shake down their corporate clients. By far the biggest contributors were those represented by Tringe's firm, MMB. Its clients, including GMK Blue Cross Blue Shield of Vermont, Microsoft, Oxya, Exxon/Mobil and Vermont Gas, donated a minimum of \$54,000 to the event.

The MMR crowd traveled to the gala in style. A selfie Tringe posted to her Instagram account featured several fellow lobbyists on a party bus from Manchester to South Burlington. Second floor and center was none other than **JONAH WALTERS**, Scott's new chief of staff.

"Everybody paid their own way" says Tringe, who organized the occasion.

## I CERTAINLY DON'T HAVE TO TALK TO YOU.

DAVE WALLY

None of this is illegal — or, for that matter, new. It's the way politicians and lobbyists have long conducted business in Vermont. But for a guy who promised to restore faith in state government, Scott may want to do better than "I'm sure as usual."

Right, Wally?

## Ethics, Shmethics

After years of wrangling, Vermont lawmakers are on track to pass legislation that would, among other things, establish a state ethics commission.

The unresolved question: Will that make matters better or worse?

Even the hard skeptics of the need for ethics reform, such as Sen. **JANETTE WHITE** (D-Walton), acknowledge the time has come.

"We all agree we need [an ethics commission]," she said last Friday during a meeting of the Senate Government Operations Committee, which she chairs.

The notion attracted broad support. "Everyone is in favor of this," said Sen. **BRAD COLLINGS** (R-Earlend), the only Republican on the panel.

While White vows to pass a bill, she appears determined to follow the playbook of antitrust activist **ANDREW MORROW**. Make it as small and weak as you can draw it in a bathtub. She did some the same last year, sending a nothing-burger bill to the Senate floor in the closing days of the session, only to watch the House let it sink.

Over and over last Friday, senators floated imaginative hypotheticals about the potential harm an ethics commission could do — to lawmakers.

"We need to be cautious about revealing financial disclosures," White argued, fearing that good citizens would opt out of running for office if they had to reveal their finances.

She also balked at the idea of handing more than a paltry half-time staffer for the proposed commission.

"If we ask the Appropriations Committee for a high number, we may get shut out," she claimed.

Sen. **CLARE WEE** (D-Addison) moaned the nightmare scenario of underworked ethics staffers going rogue. "If we have staff sitting around with nothing to do, they'll go looking for things to do."

Herred?

There was more, but you get the drift. The discussion followed some pointed testimony from Democratic Secretary of State **ANDREW WHELAN**, who supports a robust ethics commission. His three keywords: "Independence, authority and resources."

That means a commission able to conduct investigations, issue subpoenas and enforce decisions — with enough staff to carry out its work. For Gordon, the Senate bill falls short on all three counts.

"As written, the ethics commission would be an educational tool with little authority," he asserted.

In the House, Rep. **WEDD HUBBARD (H-Roxbury)** is preparing to introduce a tougher ethics bill, but she's tempering her expectations.

"I'm glad there's discussion happening on the Senate side," she says, but adds, "There doesn't seem to be a recognition by many that there is, in fact, a need for this."

Indeed, White and some colleagues insist that Vermont doesn't have an ethics problem, even though recent years have seen a sitting senator arrested on the Statehouse grounds, an attorney general subjected to a campaign-finance investigation, plenty of lawmaker-lobbyist trips

through Montpelier's revolving door and numerous embroilment cases in the public sector.

As Condon himself told the committee, "If you don't think we have a problem, 'just read the papers.'"

## Irony Alert

If somehow miracle of miracles, Schweersman's bill became law, it could cause some heartburn for her party-mate, Gov. Scott. And wouldn't that be one for the books?

Last Friday, Scott gave a press conference to discuss his recent sale of a \$2.5 million stake in the family business, Duffins Construction. The gov is personally financing the sale, giving the firm a 15-year loan at 3 percent interest. Which means that he will continue to have a direct financial interest in a firm that frequently bids for state contracts.

Schweersman's bill would create a statutory ethics code for a variety of public officials. Some passages mirror an executive order first promulgated by former governor **AM DOUGLAS** and removed by his successor, **PETER SHAWHILL**. That Executive Code of Ethics, which Scott intends to keep, prohibits any full-time administration official from being "financially interested, directly or indirectly, in any private entity or private institution that is subject to the supervision of him or her respective department or agency."

A plan reading suggests that Scott's continued dependence on the fortunes of Duffins Construction bids to meet the code's standards. But Scott, as an elected official, is not technically subject to the code.

Schweersman's bill would create separate but parallel codes for state lawmakers and members of the executive branch. While her proposal would not subject Scott to the same standard as his staffers, it creates an unfettered exception. Why not the big boys have a million-dollar interest in a contractor seeking state business when a much lesser interest would be set off bounds for any member of his administration?

"I've been in politics long enough to know that perception is reality," Schweersman says. "We have trouble gaining the trust of the people."

The reality might be that Scott is too darned honest to seek an advantage for a firm heavily indebted to him, but what of the perception of Duffins Construction were to land some lucrative projects? Even if they were won purely on merit, eyebrows would raise.

The State Republican acknowledges that Scott's situation "crosses the line, rightly" like adds, "I believe Phil Scott is doing this correctly, but it's raising the issue of appropriate conduct."

Still, you know, perception is reality.

## Broken System

Condon has a simple message about Vermont's public election financing law, which grants qualifying gubernatorial candidates up to \$600,000 to run their campaigns.

"It's not working," he says.

The secretary of state told the House Government Operations Committee last week that the law should be scrapped and replaced.

"You'll never get it right if you just tweak it," he told the panel.

What's so bad about the state's public financing option? The rules appear designed to discourage its use. Just ask Lt. Gov. **DAVID ZUCKERMAN**, who initially sought \$300,000 in public funds for last year's AG campaign but opted out because the law's obscure requirements would have kept him off the campaign trail for months.

Oh, and one more thing: "There's no funding mechanism," Condon said, explaining that several secretaries of the law had put the case on his office to come up with the cash.

Condon's call brings to mind **MIKE CHANDLER**, the last candidate to qualify for public financing. He ran for lieutenant governor in 2004 as a Progressive/Democrat, losing to then-governor Scott.

During the campaign, the Vermont Democratic Party sent out an email urging recipients to attend a rally featuring Corbin. That attorney general **ANDREW MARSHALL** decided that was an impermissible benefit to Corbin and launched a prosecution worthy of **INSPECTOR JAVIER SORRELL** sought a \$600,000 fine and restitution for an email that he himself assessed as a mere \$300.

A new law wouldn't help Corbin, who has reportedly paid almost \$34,000 defending himself against Sorrell.

However, Sorrell's successor just might. Newly inaugurated AG **T.J. DOUGAN** acknowledges that the \$72,000 penalty is completely out of whack — and that the prosecution "has been a detriment to public financing."

Doogan says he's reviewing the case and hopes "to make a decision relatively quickly." Indeed, don't be surprised if he announces a settlement by the time you read this column. And it's likely to be much more to Corbin's liking than to Sorrell's. ☐

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# Backs to the Wall: Vermont's Sole Juvenile Lockup Is Hard Up for Cash

BY ALICIA FREEST



Director Jay Simon outside the Vermont Juvenile Rehabilitation Center

**T**he state's only locked facility for delinquent children and teens occupies a secluded clearing near the banks of the Winooski River. Down a steep road off Route 15 in Keese, the Woodside Juvenile Rehabilitation Center is out of sight and out of mind to most Vermonters—but a looming financial crisis threatens its exchange that.

Last October, federal officials told the state it could no longer fund the facility with Medicaid money, which had previously covered \$4.4 million of Woodside's \$5.4 million annual budget. It's a crisis in the words of juvenile defender Marshall Pohl, "part of falling apart."

Woodside's woes are more than just a budget headache for state lawmakers. The facility's director, Jay Simon, describes his wards as "the most vulnerable of Vermont's children"—and also the most violent. Many have suffered severe physical, emotional and sexual trauma, according to Simon, while 85 percent have abused alcohol, heroin or other drugs.

Last Friday, he led a reporter and photographer through Woodside's grim living quarters. "It looks like an institution," Simon acknowledged upon entering a resident's tiny cedar-block cell. "We try to make it look softer and human, but it's very difficult."

Simon's charges, who range in age from 10 to 15, may have committed offenses as trivial as shoplifting and as serious as murder. They are sent to Woodside by a judge or the Department for Children and Families, which runs the facility, while awaiting trial or after they've been convicted. The average stay lasts 120 days, according to Simon, though one ward has been there for nearly 400.

Woodside's residents attend school inside the building from 8:30 a.m. to 4 p.m. At night, they sleep in seven cells behind locked doors painted a pastel green. Strips of fabric have been taped to narrow windows on the doors, providing a measure of privacy. "It's sort of the facility of last resort," said Pohl, who represents the minors sent there.

## IT'S SORT OF THE FACILITY OF LAST RESORT

MARSHALL POHL, JUVENILE DEFENDER

In 2011, the state reclassified the detention center as a medical treatment facility. Officials told the legislature at the time that, in addition to being more humane, the new approach would allow the state to draw down federal Medicaid dollars, saving Vermont millions. Since then, DCF officials have steadily moved the term "secure detention center"—instead referring to Woodside as a "cost-effective alternative to hospitalization."

The change wasn't in name only. Woodside now contracts with three psychiatrists and a psychologist. Many residents participate in cognitive behavioral therapy and treatment for mental health and substance abuse. A yoga instructor comes in weekly. Families can visit whenever they please—and Woodside offers therapy sessions for them, too.

Advocates who have been critical of Woodside praise the recent changes.

"I think DCF has made a lot of progress," Pohl said. "The staff inside the facility are really good."

According to A.J. Rubin, supervising attorney at Disability Rights Vermont, "Woodside has improved by leaps and bounds." But, Rubin added, he still doesn't consider it a medical facility.

Last October, the Centers for Medicare & Medicaid Services concluded the same, prompting the loss of Medicaid funds—a little more than half of which come out of federal coffers.

"We were surprised," DCF Commissioner Ron Schatz told members of Vermont's House Appropriations Committee last Thursday. Even more perplexing: Schatz doesn't know why CMS came to that conclusion. He said federal officials didn't even ask about Woodside's treatment program.

A CMS official told Seven Days on Tuesday that Medicaid doesn't cover "wards of the state," making Woodside ineligible by virtue of the population it serves.

Schatz told the committee that he's seeking more information from the feds, and he's still hopeful officials will change their minds before the start of the next fiscal year. But that won't solve the immediate, \$3.8 million shortfall DCF faces in this year's budget. To make it through the rest of 2012, the commissioner is asking the legislature for an immediate tranche of \$1.8 million, he plans to use other available funds to close the remaining gap.

According to Rubin, DCF should have seen the funding crisis coming. "When we found out a couple of years ago that they were using Medicaid money to provide services at Woodside, we told them we thought they were violating federal law," he said. "They were moving toward being part of a medical treatment facility, but they didn't really make it all the way."

Sen. Dick Soren (D-Bennington) says he's "very concerned" about the situation, but the chair of the Senate Judiciary Committee sees an even bigger challenge on the horizon. The Woodside complex needs a major overhaul. According to a feasibility report completed in December, that would cost between \$12 million and \$15.7 million.

In front of a much legislative committee last week—House Corrections and Institutions—Schatz struggled to convey the need for a new building without crossing his new boss, Gov. Phil Scott. Schatz, who was first appointed by Democratic former governor Peter Shumlin, doesn't know yet whether Scott, a fiscally conservative Republican, will agree to fund a Woodside overhaul.

Rep. Bruce Shaw (D-Florence) asked Schatz and Simon, "How critical is it for you to have a new, up-dated facility?"

Simon replied, "From a safety perspective it's, um, critical." But Schatz quickly softened that assessment, saying DCF would address safety issues regardless of what happens.

"We really want to use a new facility for our youth," Schatz continued, "but I really want to be respectful of the competing demands the state has to deal with in terms of capital construction."

DCF officials may not call it a jail, but Woodside certainly feels like one. Visitors pass through four locked doors and a metal detector before entering the main facility. A staff member monitors all activity on three large video screens.

Simons, a Northern Kingston native, worked his way up from prison guard to superintendent of three different Vermont correctional facilities before landing at Woodside in 2011.

The bearded, curly-haired father of seven said during last Friday's tour that he appreciates the institution's commitment to rehabilitation. Simons uses psychology-inspired euphemisms such as "antisocial behavior" and cites research about trauma's impact on the amygdala and other regions of the brain. But he can also be blunt.

"Woodside now employs 49 — has helped reduce the use of seclusion techniques from an average of 30 times a month to eight. Use of physical restraint has remained constant at eight instances per month," he said.

But the Woodside director maintains that the building itself is helping rehabilitation work. In a memo to lawmakers last month, he concluded, "The current facility does not meet the needs of a residential treatment facility."

The cramped cells, cinder-block walls and lack of natural light aren't just depressing, Simons agrees, they're counterproductive. The building doesn't have enough rooms to keep residents separated, so when one goes into crisis, it can prompt what Simons calls a "contagion effect." The layout often forces people to walk through private therapy and counseling sessions to



Standing in a dreary bathroom, Simons surveyed the suicide risks, gnawing toward doorknobs, air vents and sinks. "I could hang from here," he remarked. "I could hang from here. I could hang from here." Some residents have chopped away at the tile in the shower and used the shards to cut themselves, he said.

Buttress days, they were housed at Woodside that day, but, citing confidentiality concerns, Simons took care to make sure his visitors didn't encounter any of them.

Their rooms have a small window and a thin mattress on a built-in bed. Staff members, who work 24-hour shifts, don't have it any easier. They take turns sleeping in a supply closet known as the "lucarne," which barely fits a twin bed.

Over tea in his office, Simons said that hiring nine new staff members

means other rooms. Woodside has no infirmary — just a cramped nurse's office.

"It's the worst, most prison-like environment you can put kids in, and it's old and sort of falling apart," Pohl complained. "There's only so much you can do in a space that is contrary to the very nature of the concept of therapy and rehabilitation."

If state officials approve a new facility, its site will be a subject of debate.

Woodside opened in 1986, when concern about juvenile crime was high. Five years earlier, news tales arose, two

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# Village Embraces Rail in Bid to 'Put the Junction Back in the Junction'

BY MOLLY WALSH



## TRANSPORTATION

**E**very seat was scrouged in the waiting room at the Essex Junction Amtrak station as on the first Wednesday in January. Passengers going south to New York City and Washington, D.C., spilled onto the platform next to the tracks. The dash station was the center of activity as the shops and restaurants in the old commercial buildings along Railroad Avenue began to open.

With a blast of its horn, the Vermont arrived promptly at 9:04 a.m. from St. Albans, and 150 people climbed aboard the train. Such large crowds delight Essex Junction leaders, who want to boost train ridership in the historic railroad town.

"The goal is 'to put the junction back in the Junction,'" said George Tyler, president of the Essex Junction Board of Trustees.

To that end, he and his colleagues are doing everything they can to accelerate the proposed extension of passenger rail to Montpelier, which they figure could bring throngs of Canadians to Essex Junction, the train's sole stop in Chittenden County. It would restore the old Montpelier service that for decades brought tourists and shoppers through Vermont, linking Quebec and Washington, D.C. The trains ran until

1999, when Amtrak discontinued the run because of financial problems. St. Albans became the northern terminus, and the line was renamed the Vermont.

Given renewed interest in rail and a national increase in Amtrak ridership, state officials predict the new service to Montpelier will start in 2019. "Everything that needs to be done is in Canada," said Dan Delahousse, rail director at the Vermont Agency of Transportation. "We're ready on the Vermont side."

Village leaders are touting other rail projects, too, as part of a broader village revitalization that encourages better pedestrian access, more street life and taller buildings in the core of the commercial burg.

For years, the area around the Junction ignored strip development, parking lots and outlet stores while commercial spaces in the historic center sat empty. No more. New planning and zoning goals promote downtown-style redevelopment and seek to inject more life into the village.

"This community came in to existence because of rail, and one of the best things we can do is take advantage of that fact and redevelop our rail assets," said Tyler. Originally named Danversville after

Vermont governor and railroad owner Charles Fiske, the village in the town of Essex earned a different moniker in the 1850s. It became known as "the Junction" because at least six rail lines crisscrossed through it.

In the 1930s, Middlebury native Edward J. Phelps, a prominent lawyer and diplomat, found himself stranded there after missing a connection. He memorialized the experience in a poem, "The Lay of the Last Trolley," that reads:

*With saddened eye and battered hat  
And eye that told of black despair;  
On wooden bench the traveler sat,  
Cursing the fate that brought him there  
'New hours,' he cried, 'we're lagged  
Here*

*With thought intent on distant homes,  
Waiting for that elusive train  
That, always coming, never comes,  
Till weary, worn  
Disheartened, forlorn  
And paralyzed in every fashion  
I hope in hell  
I'll not stay dull!  
Who first invented Essex Junction?"*

And press aside, the Junction's name stuck, even after the train lost ground to the automobile in the 1950s. The Junction

became known for chronic rail-hour congestion at its notorious Five Corners crossroads, where Route 15, Route 24 and other main streets meet. Backups are still in issue.

But the railroad never died completely. In fact, the number of passengers getting on and off trains at Vermont rose from 52,000 in 2005 to 108,000 in 2014. The 2015 Vermont Comprehensive Energy Plan sets a ridership goal of 400,000 by 2030.

In addition to the Montpelier route, another top priority on the 2015 state rail plan is working to restore Amtrak passenger service between Rutland and Burlington. Longer-range, the state is looking at a proposal for commuter rail from St. Albans to Montpelier, through Essex Junction.

Meanwhile the cramped Essex Junction station — built in 1937 on the same spot where a 19th-century station was torn down — is the busier stop in Vermont for passenger trains. Central New England Railroad and its parent freight company, Genesee & Wyoming, own the hoarsey building. But neither of these entities — nor Amtrak — wants to improve the squat one-story structure that resembles an old gas station, with a flat roof and peeling paint. Inside,



passenger sit in a waiting room the size of a small living room.

Improving the station has become the village's mission, Tyler explained during a walk around Railroad Avenue shortly after the Vermont pulled away. Last year trustees unanimously approved a \$3.2 million resolution that would improve access for people with disabilities, add a historically inspired porch and roof a canopy for people waiting outside the building, and spruce up the waiting room and bedrooms.

"What is governing this now is this run-down station — with one bathroom — that's closed most of the time," Tyler said.

Its appearance is "an embarrassment to Vermont," said Greg Morgan, the volunteer chair of the Essex Economic Development Commission.

Village leaders are writing federal grants to pay for the station's renovation, and, if they fail to find funds, it won't happen. Tyler said a recent meeting with state Agency of Transportation Secretary Joe Flynn left him feeling encouraged.

A grant from the Champlain County Regional Planning Commission paid for a rail-colored improvement that was completed in November: a new pedestrian-bike path that runs along the track from Central Street toward Essex High School. The short, fenced-in path was designed to discourage students who walked the tracks to the convenience store near the station.

"It was a rite of passage," Tyler explained.

This year, village officials expect to break ground on another project that will improve pedestrian access near the station — the Crockett Connector. The road project will create a small bypass in the village center that runs to the east of the Five Corners. It could divert thousands of cars around the congested crossroads and enhance walking and biking through the village center.

The hodgepodge architecture at Five Corners is changing as well.

A new four-story apartment building with street-level commercial space and underground parking was completed last year on Pearl Street. Another four-story building, possibly senior housing, is planned for next door. The donor

development is eager to promote walking to stores, restaurants and businesses — more in keeping with the village's goals.

A busier train station could bring more people and stimulate demand for new coffee shops, brewpubs and stores, said Morgan, a realist who lives a block away. "It just makes sense that if there's more people coming through Essex on the train, that there would be economic value to that."

But not everyone is convinced. Tom O'Brien owns Murray's Tavern, which has been located for half a century across Railroad Avenue from the station. He bought the local watering hole 30 years ago and kept the name. "If I changed it to O'Brien's, they'd just say, 'It's the old Murray's,'" he explained. "Why bother?"

Train passengers rarely find their way into the bar today, nor did they when the Mainlander was running, O'Brien said.

If that service is restored, "I don't think it's going to make much of a difference here in the village at all," O'Brien said. He's also skeptical about commuter rail, recalling how former governor Howard Dean pushed for the Champlain

Flyer that operated between Burlington and Charlotte from 2000 to 2003. The short-lived pilot project had low ridership, and critics derided it as a waste of money. Dean's successor, Gov. Jim Douglas, pulled the plug on the Flyer shortly after his inauguration.

Very few people used it then, and very few would use it now, O'Brien predicted.

Supporters, though, see the Champlain Flyer as a necessary first step toward an alternative transit system that could reduce overcrowded parking in Champlain County Burlington's Union Station, owned by Main Street Landing, was reopened in 1997 as hopes that passenger rail service up the western flank of the state into the Queen City would be restored. Twenty years later, it still hasn't happened.

Talking, not public transit, is the bigger issue in Essex Junction, according to O'Brien. "Anybody that wants to come and set up a business, you've got to come in and figure out the parking problem first," he said.

The Junction is also thinking about the future of freight rail. Train traffic

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# Will Vermont Leaders Wage War Over Labor?

BY TERRI HALLENBECK

**W**hen Leahy, Kaine, Vermont's brand-new labor commissioners, took a seat in front of the House Commerce and Economic Development Committee last week, she and the panel's 11 members were all smiles.

"I look forward to working with you all," said the cheery Montpelier native, four days into what she described as a "warrior" job.

Such a friendly opening is common in the pre-hearing-to-leave-the-stage of a new legislative session. Not evident in the crowded Burlington committee room were the faint smiles beaming between the Democratic legislature and Kaine's team, newly installed Republican Gov. Phil Scott.

Kaine told the committee that the Department of Labor would be working more closely with the Agency of Commerce & Economic Development. But she offered no indication that Scott was just days away from proposing a significant reorganization that would merge the two entities.

Timothy Scott announced he would make the changes through a newly said executive order. Legislators have 90 days to either go along with or veto the idea.

The change would transform the state-run labor DOL into a Department of Labor and Workforce Development, which would be housed within a reorganized AGCED, to be renamed the Agency of Economic Opportunity.

No job would be cut, Scott said. The goal is not to save money, he added, but to allow each department to focus on its core mission. He argued that there has been a disconnect between workers searching for jobs and employers searching for workers.

"This will better align public workers with employers," Scott said.

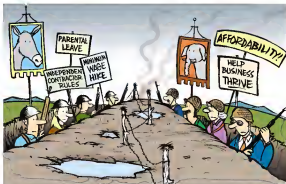
How this will go over with lawmakers remains to be seen. They were taken aback by the rushed nature of the executive order. When Commerce Committee chair Bill Rotundo (D-Fairfax) asked Kaine last week if she had any proposed legislation in the works, she told him, "Nothing big at this point."

The Commerce and Labor merge raises concerns with some lawmakers. Senate President Pro Tempore Tim Ashe (D-N. Chittenden) and Vandyke.

Ashe said Labor's and Commerce's duties can be split. "We have general, total economic development activities, and then you might also be enforcing the labor laws for the same companies," he said.

Scott brushed aside the potential conflict. "We'll handle it appropriately," he said.

Legislation, meanwhile, has been given plans that are based in the Scott. One indication of that was the presence of a legislator seated immediately to Kaine's right last



week in the House committee room, Rep. Paul Poirier (D-Barre), a longtime labor-loving legislator, had been reassigned to the Commerce Committee from the House Health-Care Committee.

"Mike told me, 'I need a back-of-a-labor-protection,'" Poirier said, referring to House Speaker Miro Johnson (D-South Hero).

Law changes work into the session, Poirier was making a rift of labor bills. He wants to raise the minimum wage to \$15 an hour by 2025, provide a some gradual reduction in benefits to low-income Vermonters who get jobs or raises, and tighten state rules regulating employers' use of independent contractors.

Fueled by a 2016 presidential election in which Sen. Bernie Sanders (I-Vt.) demonstrated strong support for labor issues, the legislature's Democrats appear primed to tackle one or more of them. Doing so would surely put them at odds with the new governor.

"There is a shift in that committee toward big labor," said Rep. Heidi Schneiderman (D-Sheridan), a property management business owner whom Johnson took off Commerce and shipped against her will to the House General, Housing and Military Affairs Committee.

Meanwhile, Johnson also increased the size of the House General Committee,

which oversees labor issues, from eight to 11 members. That elevates the panel from what had been something of a second-class citizen status.

The boost will allow the committee to take on more issues, according to its chair Rep. Helen Head (D-South Burlington).

She and some of that new firepower will be devoted to debating the minimum wage, paid family leave and ensuring that employers don't misclassify employees as independent contractors.

"There is a sincere interest in labor work," Head said.

A similar labor-friendly shift occurred in the Senate. There, the Economic Development, Housing and General Affairs Committee staff has a Republican chair, Rutland Sen. Kevin Mallin.

But the three-member panel the dots not committee assignments — now featuring the labor-loving Ashe and Progressive Democratic Lt. Gov. David Zuckerman — gave the seat of Mallin's committee a more labor-friendly makeover.

The Vermont Chamber of Commerce warned its members in a recent newsletter that the change is a bad sign for economic development. "The committee's traditional focus on solving business issues may be challenging," the chamber noted.

Sen. Michael Scottini (D-Chittenden), the committee's new vice chair, is sponsoring legislation to raise the minimum wage and provide Vermonters with 14 weeks of paid family leave, to cover a child's birth or a personal or family illness.

The latter bill also has traction in the House — from lawmakers not known as big labor backers. Reps. Sam Young (D-Glover) and Matt Trubier (D-Rochester) are lead sponsors of the House version.

"I think it's a good bill for the working class," said Young, a relatively moderate Democrat whom Johnson appointed vice chair of the House Ways and Means Committee. "It's pro-family."

The legislation calls for the paid family leave program to be funded by a payroll tax of just less than 1 percent, split evenly between employer and employee. It would create something akin to an insurance plan that all employers, including business owners, could tap into.

There are some of the pro-labor bills surfacing in the early days of the session. There could be more, including a bill to establish a government-administered private pension program and another to require that employers have cause to fire workers.

Every one of these would go against Scott's pro-business stand-as. A former co-owner of an excavation company, he

POLITICS



## Vermont Treasurer: \$25 Million in Fees Needed Annually for Water Cleanup

Treasurer should generate \$25 million each year to help keep up state waterways, state Treasurer Beth Pease announced in a report filed Sunday. It should also Pease said by turning damowner utilities that charge property owners for and passing to the public.

A report filed Sunday in Pease's name says that half the cost needed to get the state in compliance with agreements it has with the U.S. Environmental Protection Agency to clean up various waterways. Pease is not listed in the two-page report.

Pease said that the emissions of phosphorus are establishing regional damowner utilities. While Lake Champlain phosphorus cleanup gets much of the attention, virtually all of the state is under orders from the EPA to reduce phosphorus runoff, she said. Lawmakers and Gov. Phil Scott's administration would need to set standards for who gets hauled how much the damowner utilities she said.

Pease's report estimates that the state needs to spend at least \$500 million over the next 25 years to keep up with federal water cleanup requirements. The government would only generate about half that amount. The rest would have to come from other sources.

Lake Champlain is likely to be a point of contention this year between Republican Scott and the Democratic Legislature. While both say the issue is important, Pease said it won't be a new issue for her to pay for a solution. Pease said the advantage of a damowner utility that charges property owners is that all property owners would contribute, including large-scale entities. Each can be assessed based on how much phosphorus enters.

"Our lakes and rivers are part of the state's assets. Naturally most of these assets are protected. But I am sure that when we are faced with an investment in a healthier more prosperous state for all Vermonters," Pease said.



Algae on Lake Champlain

TERRY HALL/ENR/GETTY IMAGES

## Vermont's Congressional Delegation to Attend Trump Inauguration

Vermont's congressional delegation—Sen. Bernie Sanders (D-Vt.) and Rep. Peter Welch (D-Vt.) and Congressman Peter Welch (D-Vt.)—plans to attend President-elect Donald Trump's inauguration on Friday despite a boycott, giving moral support among their colleagues.

In a statement issued Tuesday, Welch said he had heard from a number of Vermonters asking him to join the protest.

"I believe the strongest consensus is about more than any individual. It is about the peaceful transfer of power inscribed in our Constitution," Welch said. "I believe in doing my job to protect jobs in, and to be a witness to the functioning of our democracy and powerful symbol to the world to show we respect the decision of some of my colleagues to stay home. I will attend, but not celebrate. Truly, I am sorry."

Welch echoed Sanders' sentiment in his own statement Tuesday. "I am taking part as a member of the Senate, which is one of our foundational institutions," he said. "I must certainly will not be taking part as a supporter of candidate Donald Trump, but as a guardian of our constitutional process and as the first of the presidency."

Sanders' office did not respond to a request for his explanation.

As of Tuesday afternoon, at least 18 Vermont representatives planned to skip Trump's inauguration ceremony (enr.com). The remaining 16 will be in the state according to a Washington Post tally.

Among them was Rep. John Lewis (D-Ga.), a civil rights icon who told NBC last Friday that he doesn't consider Trump a "legitimate president." A number of other lawmakers filed letters asking for Trump's removal. Lewis is "betting" on his "all-out" in his statement, which said he was "betting" by the president-elect's comments.

ALICIA FREIZE

## Backs to the Wall

room—Laurie Hurlin and Jamie Savage—raped and tortured two 12-year-old girls walking home from school, and killed one of them. Because Savage was just 18 years old, he served less than two years in prison.

Today, juvenile crime is dropping both nationwide and in Vermont, where the population is also aging. "There are fewer delinquent kids," said Sears. "There are fewer kids."

The senior legislator knows a thing or two about the subject. Sears was born in a Massachusetts prison as a ward of the state and spent decades working with at-risk teens.

"I think that a lot of the progress we've built over the years to deal with delinquent behavior has started to wane," he said.

The legislature has adopted an approach that favors rehabilitation in community-based settings over incarceration and institutionalization. That's good news, Sears said, but it's created an issue the legislature needs to address. The population at Woodside has dropped to 18 an average, which means only half of the facility's beds are used.

Pohl and Robins want that number further reduced.

"There are kids there who don't really belong there," Pohl said, suggesting that some residents require more specialized care than what Woodside can offer. "The kids for whom it's really not successful are the kids with more profound mental health needs." The defense attorney objects to what Pohl calls "administrative incarceration"—an arrangement under which DCF can send juveniles in its custody to Woodside without a court order.

Sears suggests that the liberalization of juvenile justice laws may actually increase the number of delinquents who need to be held in a place such as Woodside.

If Sears has his way, this legislative session, lawmakers will provide more alternatives to incarceration for those under 18. That means fewer young adults would be sent to prison and more would be placed in DCF custody—a result that could increase demand for a locked facility.

Nonetheless, Sears asserted, "We need to think about the best about how to treat this small group of kids." ☐

Contact: alicia@vermontreporter.com

## Village Embraces Rail

already stretch through the nearly 700-acre campus of GlobalFoundries. Recently an IBM facility. Last year village leaders reached local zoning to allow a freight rail yard there.

For now, the company does not use the rail line and has no plans to partner with any companies that do. But it's open to discussion, said Jacinto Bombardier, the senior business executive for GlobalFoundries.

"We work with people as long as it makes business sense to us," he said.

GlobalFoundries leases space to various companies, and the campus functions as a tech park, she added. The company has about 2,800 employees, but about 3,000 people work on the property. The campus has its own wastewater treatment plant and roads—a valuable infrastructure for the state and the region, she said.

Should GlobalFoundries ever leave Vermont, Tyler suggested, a freight yard could stimulate future economic development.

Hopefully, the train to Montreal will be up and running long before anything like that happens.

There are still some hurdles to overcome, said Chris Saunders, a field representative for U.S. Sen. Patrick Leahy (D-Vt.), who has been a big booster of the Montreal line. Saunders didn't see the complexity of working with two governments.

In December, the U.S. Senate passed a bill intended to simplify the customs process on cross-border flights and train routes between the U.S. and Canada. It permits the Vermonters to cross the border without stopping and to inspect both U.S. and Canadian customs officers at the train station in Montreal.

Although the Parliament of Canada must pass similar legislation, the country has agreed on a preliminary agreement with the U.S. to expand pre-clearance operations in Quebec.

Back in Essex Junction, station keeper Al Wells is hopeful. The fourth-generation villager man got his first job at the St. Albans station back in 1962, when it paid \$2 an hour. He welcomes the sight of 200 people getting on board a train. When they ask when service will be extended to Montreal, he said he tells them: "I think it will come back." ☐

Contact: molly@vermontreporter.com



Vermont's congressional delegation and their spouses

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OBITUARIES, VOWS, CELEBRATIONS

## OBITUARIES

### Philip James Pierce

MIDDLEBURY — Philip James Pierce, 58, died unexpectedly on January 9 while visiting Exeter and unexpectedly exploring its neighborhoods. Philip was the youngest son of Eusebius Gendler (Middlebury) and Doris L. Pierce (Shelburne) and the much-loved younger brother of Nellie Pierce. (Photo published in 2015 from Middlebury Union



High School where he was a member of the School's Band team. He briefly attended Sterling College in Craftsbury before returning

to his hometown. In or out of school, he read voraciously and on a wide range of subjects, as might be ascribed by regularly—but humorously—amused members of his family with his encyclopedic knowledge of politics and international affairs. His interest reached beyond mere facts and into the realm of the possible, as detailed simulation games where he constructed speculative histories. His wealth of knowledge filled him with an urgent conviction that we must reject history as well as the tremendous and painful sense of responsibility that attends all such efforts to imagine a better world.

Scenically and absolutely private, Philip also enjoyed gardening and cooking and regularly sought to understand different cultures through their food. He found special satisfaction testing and learning about different types of tea and cheese. He also loved punning; his family, pets and the pets of others. In addition, Philip was and will remain his father's most trusted living partner. Aside from Philip's older parents and parents' respective partners, Philip leaves behind his maternal grandmother Isabelle Gendler (of the Rickards), his uncles, aunts and cousins

and longtime friends including Erik Pedraza. Philip was predeceased by his maternal grandfather, Robert M. Gendler (Enfield), and paternal grandparents, Philip M. Pierce and Theresa B. Pierce (of Franklin). No public burial service is planned at this time as family requests that, in lieu

of cards or flowers, donations to Philip's memory be made to any of the following: Tupperware Center of Addison County, Homeless Board (Addison County Humane Society), or your favorite international humanitarian organization or charity. Plans for a memorial service may be announced at a later date.

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It's easy to forget there was a time when workers in this state were forced to swear loyalty oaths and women could be fired for being pregnant. Likewise, it wasn't long ago that Vermont police were conducting roadside strip searches, and state voters were disenfranchised by strict residency requirements. In each instance, we responded and all of that has changed—for the better.

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James Lyall  
Executive Director



# Local Composer Scores Role in New Film About Eldercare

BY AMY ULLY

**W**hile **JESSE KREITZER**, 35, was a graduate student in film at the University of Iowa, he made a short film with sparse dialogue called "Black Caneau" (2015), about a coal miner in Iowa in 1909. Music composed by a student at the Berklee College of Music helped tell the story when the taciturn characters seemed unable to utter words.

The sonnet, beautifully shot film was chosen for screening at a host of venues on the festival circuit, including the **MODERNITY NEW FILMMAKERS FESTIVAL** last August. And its soundtrack caught the attention of the **VERMONT SYMPHONY ORCHESTRA**, which awarded Kreitzer its inaugural Best Integration of Music Into Film award.

Now Kreitzer, a Marlboro native, is back home and working on his first feature film, **Caregivers**. The VSO now enabled him to select a Vermont composer to score the film from a list provided by VSO executive director **BOB CONNELLAND** and his team — principal cellist **JOHN BUNNELL**, principal percussionist **VIM YOUNG**, composer **MATT LAROCHE** and new music adviser David Ludwig. The VSO will pay the composer's commission.

Though the movie won't be completed until 2016, Kreitzer is already working with Williamsboro composer **PAUL DEDELL** to score it, beginning with a 16-minute segment to be ready by August. The VSO will screen the vignette with live accompaniment — another world bonus — at the next MNFF that came month and during the orchestra's Made in Vermont tour in September.

Inspired by phrase, MNFF director **ALLOY ROSENER** says he is aware of only a few live-accompaniment screenings, typically happening in New York or Los Angeles. "For *Walden* to do it will be special," he says.

Caregivers' topical subject matter makes it a movie to look out for, but in present-day rural Vermont, the story concerns Women, a welfare worker paid-ridden because he won't at his mother's bedside when she died. His wife, Mary, is a small-town midwife, their sons are Ellen and Ethan. When scenes his family by disappearing periodically. It came out he's doing prep work for his mother's unattended death by caring for another elderly woman with dementia.

"This is a real issue — our aging parents and how we tend to them," the young filmmaker says. "We're at this apex where our nation is getting older, yet death is still a cultural taboo."

Kreitzer's perspective for the film derives into statistics on the caregiving scene. In the past 15 years,



for example, the number of adult children caring as primary caregivers for their aging parents has tripled.

Kreitzer has been considering making a film on the subject for more than 10 years, he says, ever since he witnessed how his father responded to the death of his own mother. Kreitzer himself never found closure after his grandparents' deaths, he says, because his family's geographic dispersion made funerals unrealistic.

The filmmaker was born out far from the one-room Marlboro schoolhouse, built in 1830, where he now lives with his partner and runs his production company, **LAUTNER**. "I'm looking at the pond where I learned to swim," Kreitzer says. The first-generation Vermonter — his parents moved to the state four decades ago — has taken a deep interest in local rural traditions, such as home birth and home deaths, and feels they are disappearing.

His film captures such elements of cultural heritage, as well as these stark settings. Shots in "Black Caneau" lingered on isolated prairie poverty in a two-room log cabin, initial footage for **Caregivers** shows deteriorating, paint-scraped barns and dirt roads.

To approach the sensitive topics of aging and death, Kreitzer will film in mostly natural light on 16mm film. He plans to cast actual hospice volunteers and homebirth midwives rather than professional actors, and to maximize authenticity by giving them only a loosely formed script. Kreitzer says he'll follow a documentary-like schedule, filming over 16 months to capture all of Vermont's seasons. For the film's score, he envisions "a real resistance, [scored] built out of the natural environment, out of breath."

Kreitzer chose Dedell after being struck by the composer's choral music in particular. Dedell, 61, has composed in a wide range of media, but the **Caregivers** score will be his first work for orchestra — and film, he says.

**WE'RE AT THIS APEX  
WHERE OUR NATION  
IS GETTING OLDER.  
YET DEATH IS STILL  
A CULTURAL TABOO.**

JESSE KREITZER  
FILMMAKER

Self-taught with a degree in theater from Windham (now Landmark) College in Putney, Dedell served as music director and accompanist of the now-defunct historical-culture company **It Isn't Nice** for 10 years, capturing sociopolitical movements in music inspired by Kurt Weill and others. He has also written musicals and scored puppet performances for **VERMONT THEATRE** of Putney and currently works as the middle school program director at Brattleboro's Hilltop Montessori School.

Lately Dedell has produced large choral works for the **BRATTLEBORO CONCERT CHOIR**. Conducted by his wife, **SARAH DEBELL**, the CCC gained fame under its initial conductor, Blanche Mayes, cofounder of the esteemed **HAVERHILL MUSIC FESTIVAL**. In 2014, the choir debuted Paul Dedell's two-hour work *Songs of Divine Chemistry*, which explores mystic poetry and brain chemistry in the context of love.

Whatever shape the **Caregivers** score takes — Dedell envisions fugue-like movements and lyrics from Isaac Watts, a major source for 19th-century shape-note singing — the VSO award will ensure that audiences register its impact.

"Made is one of those integral components of film, and we felt we ought to raise the level of recognition it receives," says Rosemer Kreitzer, he adds, "a director with a huge sense of music's importance." ☐

Contact: [blj@sevendaysvt.com](mailto:blj@sevendaysvt.com)

**INFO**

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## MID CENTURY RADIO SAVES THE BIG CAT FROM EXTINCTION

In the age of digital activism, the online petition reigns supreme. Got an axe to grind? Use your displeasure with a politician on change.org or one of the scores of similar venues. While some may deride them as slackers, such petitions can at least play a role in raising awareness. And sometimes, that's enough to get the wheels of change turning.

Take, for example, when a niche local radio station is in danger of losing its air space.

In January 2016, the folks behind the Burlington Big Cat, WRAT 98.3 FM—1390 on your AM dial—launched an app petition on [petition.com](http://www.petition.com) to save the radio station's unique format. On the air for almost six months at that point, the Big Cat had proved itself unique by commercial radio standards. For one thing, it didn't broadcast commercials. But more importantly, the station focused on a golden age of early rock and roll and country music, deep cuts from the 50s and 60s that you'd be hard pressed to find anywhere else on the radio dial.

It is experimental format had developed a small but cult following in the Burlington area. So, as didn't prevent the station's parent company, Northeast Broadcasting Inc.—which also owns local radio station 104.7 FM **THE ROCK** and others around New England—from threatening the Big Cat with extinction. So, a plan was to switch formats to 1970s rock.

Shared widely on social media, the petition to save the station format caught fire in just one Burlington 5 caught it only generated about half of the hoped-for 1,000 signatures, the outcry sufficed to convince NBI higher-ups that the Big Cat was worth saving. On January 15, almost exactly one year after the petition launched the golden-ages format reappeared with a new name on a new frequency: Mid-Century Radio can now be heard on 103.7 FM WRAT and 1270 AM.

"I don't think they were very happy about the petition," says MCR co-founder and former Big Cat director **AMISH KUMAR**, from his station's new digs in Burlington. "We started the petition mostly to see who was listening because in terrestrial radio, it's kind of hard to tell sometimes. But it seems like it got their attention."

Ingenious? Not sure. But the rebirth of Johnson's format seems to bear out his assumption. He says the company has been supportive and open-minded about the new venture.

"It's a great format," Johnson says. "I've understood our position for the format," he adds that the new signal which originates from Pittsburgh, actually has a broader reach than did 98.3 FM. NBI also supports the Big Cat programming on air throughout of the transition to Mid-Century Radio. Johnson and his wife, **AMISHA**, operate Mid-Century Radio under the banner of their own soon-to-be-Burlington-based production company, ASJ Radio LLC. Currently living in Connecticut, the Johnsons will relocate to Vermont, so a couple also owns their Champlain Valley area station, 92.3 FM the Moose based in Acushnet. It's 5, so it has yet another niche format, catering to fans of 1970s and 90s country music. **AMISHA KUMAR**, a local radio vet who started 95 Triple X, will serve as general manager of both stations.

Johnson says the new station will sound almost identical to the Big Cat. As for paying the bills, he says to expect a smorgasbord of traditional commercial spots and less conventional revenue streams, likely in the form of sponsorships and partnerships with local companies.

"Formal wise, it will be exactly what you heard on Big Cat," Johnson says. However, he plans to expand the station's library from the Big Cat's unique but modest automated rotation. Live programming will be another addition—specifically a moon moon music and talk in show hosted by Johnson's father, Roger, a former program director at "home town" station KQTH in Fort Morgan, Colo.

"My interest in radio and this music really comes from my dad," says Johnson, a career radio engineer who recently worked as the director of radio technology for ESPN Radio in Connecticut. "I grew up at that radio station, so there wasn't a day that went by that I didn't hear him playing these records."

"And they're so good, so fun," he continues. "That's the foundation of modern music. And it's really exciting to be able to bring that music to people here."

**DAN HOLLES**

### INFO

Mid-Century Radio can be heard at 103.7 FM and 1270 AM. Stream it at [1037pico.com](http://1037pico.com)

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## STATEofTHEarts

### THEATER



## Vermont Pride Theater Replays the Politics of Exclusion

BY JACQUELINE LAWLER

**O**n January 28, VERMONT PRIDE THEATER AT CHAMBLEE will present a script-as-band staged reading of the award-winning play *Perfect Arrangement* by Topher Payne. Set in the 1950s, it tells the story of two closeted gay and lesbian couples who live out their lives masquerading as two straight couples. In the outside world, Bob and Millie are married to each other, as are Jim and Norma. But residing in adjoining apartments allows Norma and Millie to carry on their own relationship while maintaining “discreet” appearances. Some guests for Jim and Bob.

As the play's title suggests, the characters have a perfect arrangement—that is, until Bob and Norma's work at the State Department brings the couples

way too close to home. Then the characters are forced to confront the lie that governs their lives.

In the same era that saw the rise of McCarthyism and the Second Red Scare, the United States also experienced the “Lavender scare”—a term that refers to the mass firing and blacklisting of homosexuals from government positions. The rationale for this policy was that homosexuality could be used to blackmail employees into giving up governmental secrets. Known homosexuals were not registered security clearance until President Bill Clinton lifted the ban in 1998.

In Payne's play, Bob is traded first with wounding consequences out of his department, and then with convicting guys. At the time, being sealed in this



for. "When we talk today about making America 'great' again, we're looking to restore this world," Beckwith asserts. "But it would actually be a landslide backwards to when a great number of Americans did not enjoy the rights and equality that they do today."

Reminding us of that danger is part of the mission of Vermont Pride Theater, suggests cofounder **SHARON RAY**, reflecting on the process of her organization in a phone interview. "In 2014, when civil unions were being voted on across Vermont, [Beckwith] was really full of hate and anger," she recalls. "There were 'Bible Rock Vermont' signs everywhere, and all the legislators who voted for civil unions were thrown out of office in the next election. So we wanted to use theater to educate everyone and build bridges in the community."

When *Project Arrangement* debuted off-Broadway in 2016, its subject matter was timely: Same-sex marriage was just away from being federally recognized by the Supreme Court, and gender identity was at the forefront of American politics. But Beckwith argues that the play is even more relevant after Donald Trump's election. During rehearsal, Martin Niemoeller's famous poem about the spread of persecution, "First they came..." became a watchword for the production.

"We don't know where the witch hunt stops," Beckwith explains. "When there's such a narrow definition of what is right and correct, you never know when you'll be considered deviant."

On January 8, Secretary of State John Kerry issued a formal apology on behalf of the U.S. government for its role in discriminating against LGBTQ individuals. He said, "These actions were wrong then, just as they would be today." The timing of the apology is coincidental, but *Ray* took it as a small victory for LGBTQ rights. She notes, "We feel like things have been improving. Last summer [Vermont Pride Theater was] invited to march in the July 4 parade."

Her excitement dissipates as she remembers what happened next: "But the large rainbow banners were ripped down and destroyed. So there's still work to be done." ☐

## INFO

*Project Arrangement* will run by Tapher Payne, directed by Aaron Beckwith, produced by Vermont Pride Theater at the Chandler Building, January 28, 2-3:30 p.m., at Chandler Center for the Arts in Randolph 05470. Proceeds from the show will benefit GLAD, an organization of legal advocates and defenders for the LGBTQ community. [chandlercenterarts.org](http://chandlercenterarts.org)



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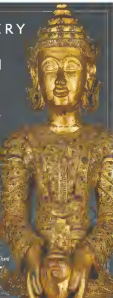
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way meant not only losing one's job but becoming a pariah in polite society. Jim worries that he will never be able to work as a teacher again. As director **JAMANE BECKWITH** puts it, "The play is a great deal of fun, but then it hits you between the eyes with the seriousness and the plight of their situation."

*Perfect Arrangement* as written is a stylized script that deliberately evokes a vintage sitcom. Stage directions describe the set as reminiscent of "I Love Lucy." The characters occasionally even voice product placements, such as "Pommes' Furniture Center." It gives a glorious shout-out without waxy residue and out my cleaning time in half!" They also use the words "dyke" and "leg" fairly casually sometimes with the air of teenagers testing them out for the first time. The play embraces misadventure and even overlapping from the closet.

While Payne's stylization evokes audience nostalgia for the 1950s, Beckwith suggests, it's also a way for the characters to distract one another from the rape problem in their otherwise "perfect" lives. And that's a problem many of us are out nostalgic

# WTF? What's Up With the Empty Building at Route 7 and Ferry Road?

**P**rime commercial real estate in Charlotte County isn't easy to come by, especially in high-visibility locations that don't have much competition nearby. That's why one Charlotte reader was scratching his head recently as to why the commercial property at the corner of Route 7 and Ferry Road is his town's best-kept secret and largely unused for years. WTF?

As longtime locals will tell you, it hasn't always been that way. John Oren, 64, who grew up across the road from the Old Brick Store in Charlotte's west village, remembers how, in the 1970s, a gas station and bingo parlor occupied that corner. In those days, he says, Route 7 still ran down Church Hill Road, a trucker's route for school buses on snowy winter mornings.

In more recent years, the 1.2-acre parcel at the intersection's southeastern corner has been home to Spear's Garage, then later to Jason's Cigo and Uncle Sam's Dairy Bar, the latter of which was better known to locals simply as "the creosote stand."

Berlin town selectboard member Matt Krasnow, himself a lifelong Charlotte resident, "I used to love getting creosotes there after Little League games . . . It was a rite of passage that [Champlain Valley Union High School] kids would work there in the summer, or at the Charlotte Beach. It was a great small-town business."

But times change, and small-town businesses come and go. The gas station closed for good a couple of years ago, at about the same time Bill Spear and his wife, Helen, decided they'd had enough of attempting to serve. Says the 64-year-old Spear, who owns the entire corner, including the white garage his brother built and the now-closed snack bar, "My wife got tired . . . and I'm too damn old to run it now!"

So why hasn't anyone stepped up that prime corner, which Spear says he'd happily offload? At first glance, the spot seems like an ideal location for another gas station, garage, convenience store or — for the locavore-minded — an outlet selling Vermont-made products such as maple syrup, wine and hard cider to tourists.

The location doesn't lack for traffic. Plenty of travelers getting on and off the Lake Champlain ferry, which runs between Charlotte and Rouses, N.Y., drive by



there every day. According to data from the Vermont Agency of Transportation, the average daily traffic through that intersection is 11,200 vehicles. Ferry Road alone sees 3,100 cars and trucks a day. Church Hill Road, the eastern extension of Ferry Road, 1,900 vehicles.

One likely hindrance is the site's zoning. Not much can be built there without changing the land-use rules, something old-timers say is no easy task. Charlotte's are inclined to preserve their viewsheds and not obscure the night sky with lots of illuminated signage and street lights. As Spear puts it, the town can be a bit "fussy" about such things.

Back in the mid-2000s, a petition circulated to allow more commercial activity on that corner, as the current zoning permits just 20 square feet of retail space — about enough room to sell gum, cigarettes, condiments and antiques, but not much else. The selectboard deep-pocketed that petition.

A more recent, community-minded proposal didn't fare any better. In June

2016, VTRANS released the findings of a feasibility study for building a park-and-ride facility in Charlotte. Of the seven sites proposed within town limits, the Cigo/Creosote street corner ranked the highest on the state's matrix. Criteria included accessibility, cost, environmental impact and visibility from Route 7. According to that study, the corner could hold 77 parking spaces, with room for the eventual addition of another 53.

Despite the state's offer of ample funding, the selectboard got that proposal a chilly reception, voicing concerns about the potential for crime, light pollution and other nuisances of the lot.

So still the corner remains forever vacant, destined to host nothing bigger than a specific garage sale or flea market? Not necessarily, says Krasnow. He says the board is currently mulling over a proposal to include the east side of Route 7 in the west village's commercial district. Additionally, plans are in the works to expand the village's municipal water capacity, which could encompass

that parcel and make it more attractive to potential buyers.

Then there's the safety consideration. Any new commercial use of that lot could require additional upgrades to the intersection itself, which VTRANS has designated as a "high-crash location." Between 2008 and 2013, 24 crashes occurred at or near the intersection, eight resulted in injuries. If nothing else, a new buyer might have to pony up for a new pedestrian crosswalk.

Still, Krasnow remains optimistic that the right buyer will come along eventually. "Living there my whole life, my dream is that they happen that creosote stand and get another garage there," he says. "Both are two very mixed businesses in this town."

Any takers? ☺

Contact: [ken@sevendayvt.com](mailto:ken@sevendayvt.com)

## INFO

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## Dear Cecil,

In its entry for "teeth cleaning," Wikipedia claims that "any general recommendation for a frequency of routine cleaning [e.g., every six months, every year] has no empirical basis." So now I'm considering saving money by skipping the dentist and just doing my best to brush and floss at home. What do you think?

—Lytle in California



I think I wouldn't bat my teeth on something I saw on Wikipedia. I get it — no one likes being told what to do and when to do it, and that goes double for having the carmen of your mouth yanked open while sticky implements scrape and prod. And surely there's no reason dental maintenance should be exempt from cost-benefit analysis. But when "being a smart consumer" starts looking too much like "avoiding going to the dentist," it may be time to question your own reflexes too.

It's true that current research doesn't offer much guidance. Two scholarly reviews, from 2013 and 2016, looked at the existing data attempting to gauge the effectiveness of routine scaling and polishing, and both sets of authors concluded the same thing: better studies will be needed before we can say anything concrete about the benefits of professional cleaning, including how often it might be needed.

And the cited source for the Wiki quote you provide — a 2010 post on [addictioncost.com](http://addictioncost.com) addressing a question similar to yours — more or less hews up with those findings: The twice-a-year cleaning model, it agrees, is arbitrary. But the noted dentist, a reasonable-sounding Ray Aves DDS named Mark Barbone, certainly doesn't take the position that, in general, people are going to the dentist too often. Barbone's concern is that, given widespread evidence in brushing/flossing regimens, two cleanings a year might not be often enough for a patient with gingivitis, higher gum percent full-blown periodontitis or a patient with periodontitis who wants to keep her teeth.

After all, teeth cleaning (dental prophylaxis, to use the pros' term) is largely about preventing decay, and eventually the bases your teeth are lodged in, from succumbing to bacterial destruction. The Centers for Disease Control has said that more than 47 percent

of Americans aged 30 and up have periodontitis, which is what gingivitis develops into. And while the condition can be prevented or, once diagnosed, contained to some degree, the damage to gum and bone can't be reversed. Even if you consider your teeth expendable, periodontal disease can have other health impacts: pregnant women with bad gums, for instance, are more likely to bear low-weight children. If you have insurance covering two annual visits, it's not going to do any harm to schedule those cleanings so your dentist can keep tabs on any developments.

Granted, it won't dental-health pros who initially come up with the every-six-months recommendation, or even insurance agency bean-counters — it was *us* dent. In the 1920s and '30s dentists fought it way to the top of the U.S. toothpaste market largely on the strength of advertising campaigns waged by industry pioneer Claude Hopkins. The brand sponsored

a succession of radio shows, including the widely popular *Amos 'n' Andy*, and Hopkins dressed up the slogan that for years led off the broadcasts — "The Depodent twice a day — see your dentist twice a year!" When dental insurance came along after World War II, the big insurers seem to have simply adopted the Depodent schema outright — again, it's not like they could have based a checkup schedule on actual research, as there wasn't any.

The copywriters on the Depodent account (as copywriters will) unusual tactical wiles to make their headline ingredients seem innocuous — the dangerous chemical sodium lauryl sulfate became the futuristic-sounding "solan." And of course the company's goals were more necessary than public-spirited — their campaign appended to *American* vanity, insisting the product removal a disfiguring and embarrassing film from teeth rather than playing up possible health benefits. But you know what? Americans needed to learn to brush their dense teeth. The nation's diet had changed with the ascent of processed food, making sugar and refined flour more prevalent,

and tooth decay was rampant. A 1940 survey of 547 schoolchildren in Klamath, NY, found that only 32 had completely healthy teeth, the rest had 2,063 cavities altogether and required 617 extractions. That's quite a lot, however slightly corrected. Kinky did nudge the nation along toward better dental health.

Similarly, encouraging dentist visits at six-month intervals had no scientific basis, but that doesn't make it a bad rule of thumb. For its part, the American Dental Association advises patients that "the frequency of their regular dental visits should be tailored by their dentists to accommodate for their current and health status and health history." That's a soundabout way of saying that the answer to the question, "How often should you see your dentist?" is simple: Ask your dentist. If the response sounds fishy, well, there are lots of other dentists out there to choose from, and with your teeth on the line, it's worth shopping around for one you trust. A medical professional who's intimately familiar with your in-mouth situation probably knows more about how often you should check in than you do, and certainly more than Wikipedia does.

### INFO

Is there something you need to get straight? Cecil Adams can deliver the Straight Up Dope on any topic. Send questions to Cecil via [straightupdope.com](mailto:straightupdope.com) or write him c/o Chicago Reader 350 N. Dearborn Chicago 60694



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# The Soft Game

Pickleball continues to hold court in Vermont

BY DAN ROLLER



**O**n a most winter weekday afternoon, the Robert Miller Community and Recreation Center in Burlington kind of sounds like a popcorn popper. Or, maybe more appropriately, like a bunch of people continuously opening fresh jars of wasabi-sealed pickles.

The New North End municipal gym is cold-season home to devotees of pickleball, a once-obscure racket sport that has grown increasingly popular nationwide in recent years. In Vermont, as elsewhere, this oddly named hybrid of tennis, badminton and paddleball is especially popular among retirees.

Indeed, the 30 or so players rotating through doubles matches on three courts at the rec center on a recent Friday are predominantly golden-agers. And they're working up quite a breeze — or, even — playing pickleball.

So, what draws the pension set to this niche sport? And, for the love of glee, what's with that name?

To answer the first question, you need only watch the game played. A few weeks aside, pickleball works much like the sports from which it is derived. The court is laid out like a tennis court, but with dimensions identical to those of badminton — save for the net, which sits a few inches lower than a standard tennis net.

In the summer months, pickleballers primarily play on outdoor tennis courts all over Chittenden County. Using graphite rackets that evoke overzealous Ping-Pong paddles, they hit a ball back and forth over the net. Yellow and plastic, it resembles a Wiffle ball, but with circular holes all over instead of narrow

slits at the top — hence the distinctive “pop” when graphite meets scuffed plastic. Shot the ball past your opponents, or drop it in a well-placed shot they can't return, and you score a point.

**IT'S ALL ABOUT  
ACCURACY,  
PLAYING THE ANGLES  
AND POSITIONING.**

COREY GOTTFRIED,  
PICKLEBALL PLAYER

“It's pretty easy game to learn,” says Corey Gottfried. “But you can really get into it and play it at a higher level, too.”

Gottfried, 62, has been playing pickleball for about two years and is regarded as one of the better players in

this advanced group, which meets three times per week. A beginner group, also largely made up of seniors, plays later in the afternoon. Pickleball has been part of the annual Vermont Senior Games for several years now. Last year, South Burlington's Ronnie Rivers competed in the National Senior Games, placing eighth in the 60-to-64-year-old women's singles division.

Gottfried played volleyball usually for 40-plus years. But as he got older, he says, it became harder to bounce back after games. “My recovery time was taking days instead of hours,” he says. One day after a particularly grueling match, Gottfried's volleyball captain, Joanne Winter, suggested he come play pickleball with her. “I thought it was a joke,” he recalls. “So I told her, ‘I don't think your husband or my wife would agree with that.’”

John King, Gottfried's son, attended a pickleball clinic at the Miller center. “I was hooked,” he says.

Because of its familiar sports DNA, pickleball is an intuitive game, particularly for those with racket-sports backgrounds. Combine that with the smaller court and certain rules designed to minimize physical impact, and playing pickleball is an easy transition from tennis, badminton or even volleyball — especially for players who might not cover as much ground as they used to.



"It's good exercise, but it's not as hard on your body as other sports," says Winter, one of the most veteran players in the advanced group. Winter still coaches volleyball at South Burlington High School in her retirement. Pickleball is "also great for hand-eye coordination," she continues. "And it keeps your brain engaged."

Among the rules unique to pickleball is prohibition of the overhead serve, which places a premium on the server's accuracy and ball spin rather than its power.

Pickleball is largely a game of finesse. That nuance is best exemplified by the role of the non-volley zone, colloquially referred to as the "kitchen," a seven-foot rectangle on either side of the net. Players are not allowed into this area unless the ball bounces there. The idea is to prevent players from crowding the net and spiking the ball, thereby extending rallies. The resulting game is more open and flowing, with lower physical intensity, than its more famous cousins.

Pickleball rallies can appear almost casually slow, calling to mind grainy historical footage of genteel tennis matches played on stately lawns in estates and country, but music is going on that merits the eye. What appears to be a lazy return toward a shallow part of the court is, in fact, a setup to draw an opponent out of position so that the next shot might come deep. A slow, high, arcing shot could be an opportunity for the player to regain court position.

The same rules that make pickleball appealing to players of diminishing athletic abilities also add an element of strategy that satisfies those looking to keep their competitive fires burning. One of the most important strategies is called the "soft game."

"Most people start by trying to kill the ball," says Gifford. "Power can be useful, but more often than not, those shots will lose you points. It's all about accuracy, placing the angles and positioning."

"If you can drop a soft shot into the kitchen, it's going to bounce lower, which means there is less [your opponent] can do with it," adds Ann Quackenbush. "But if you return a shot — high, they're going to get a full swing at it. There is a skill and strategy to keeping it low."

"Plus, some of us have a harder time bending over to hit the lower shots," jokes Gifford.

Quackenbush, who owns a pest-control company with her wife in South Hero, is unusual among this group in that he wasn't introduced to pickleball as a game for older folks. He discovered it through his kids, who learned it at school. He notes that several area middle and high schools have begun to include the game as part of physical education curricula.

"It's a good game for younger folks, too," he says.

John Naggi agrees. The 35-year-old travels here twice a week from Hingham to play with his dad, 65-year-old Dave.

"I had never really played sports much," says the younger Naggi. "But I picked it up really quickly and now I just love it."

Chris Kirpatrick, 36, is another relative whippersnapper on the court today. He's a Vermont native but is visiting from Arizona, where he currently lives and plays pickleball regularly. He's also a world-class athlete.

Kirpatrick was an Olympic qualifier in the pentin and plays flag football competitively. But, after four reconstructive surgeries, he says he needed to find a lower-impact athletic outlet.

"It's addicting," he says of pickleball. "You don't have to be amazing to be competitive. And it's kind of like golf. You can play it forever."

As for the name, that's a subject of fierce debate in the pickleball community. The sport was invented on Bainbridge Island in Washington in the 1960s by several parents trying to cobble together a game for their kids from mismatched parts: a broken badminton net, paddleball rackets and a Wiffle ball. A legend holds that one of those families had a dog called Pickles, who would chase the ball during play. Another theory traces the name to a rowing term, "pickle boat." In rowing, the pickle boat can be either the slowest boat in a race or, more fittingly, a boat whose team is cobbled together from other boats' spare oars.

Whatever the origin of the name, the simplest thing to call pickleball is fun. ☺

Contact: [alex@sevendaysvt.com](mailto:alex@sevendaysvt.com)

## INFO

A beginner's pickleball program runs weekly on Mondays and Fridays at 7 p.m. at the Robert Miller Community and Recreation Center in Burlington • advanced group plays on Monday Wednesday and Friday at 7 a.m. pickledad.com

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# Deep Breaths

Got sleep apnea? Try the didgeridoo

BY JORDAN ADAMS

**A**n estimated 8 to 20 percent of Americans suffer from obstructive sleep apnea, or OSA, according to the Mayo Clinic. It's a disorder in which breathing stops during sleep because of blockage in the airway. Many things can cause this blockage, and, if left untreated, sleep apnea can lead to more serious health problems including increased risk of heart attack and stroke. Clinical treatment often involves the sufferer's use of a continuous positive airway pressure, or CPAP, machine, which forces oxygen to the subject through a mask.

But there might be another way. A 2008 study published in the *British Medical Journal* suggested an exotic, alternative treatment for sleep apnea is flowers: playing the didgeridoo. The study concluded that subjects who played the ancient Aboriginal wind instrument for at least 30 minutes per day, five days per week, saw improvements in their sleep. That's because the intense, sustained breathing necessary to produce the didgi's distinct guttural drone helps strengthen the voice-throat muscles. These are the muscles that relax during sleep, causing the obstruction. "Playing the didgi is like doing push-ups for the lower throat muscles," said didgeridoo guru Pita Quattrone, who offers lessons for sleep apnea sufferers at his recently opened Didgeridoo Vilnausconce studio in Berlin. Quattrone has been playing the didgeridoo, or yidaki, for more than 25 years and hopes to offer good vibrations to those willing to embark on his experiential journey to better sleep.

As a potential sufferer myself — I've never undergone a sleep study, but I have my suspicions — I decided to attend his three-week session last December to see what the buzz was about.

The studio is housed in an old building that was once a churchhouse. Quattrone, 54, greeted me with a warm smile and an open hand. His laid-back demeanor, natural threads, and shoulder-length salt-and-pepper hair gave off a hippie-audio vibe. As he chatted next to his display of didgeridoos, he frequently used the word "man" — as in

"Hey man" and "Cool, man."

Other students began to arrive, some with didgeridoos already in hand. Quattrone had to introduce ourselves and explain why we were there. While one attendee had a confirmed case of sleep apnea and another suspected she did, not all participants were there to seek OSA relief. One person was investigating vilnausconce therapy as an alternative for her son, who has bipolar disorder. Another attendee simply enjoyed Aboriginal culture.

Quattrone started by giving us a rundown of what he'd cover in the class and a brief history lesson of the didgeridoo. Next, he demonstrated the foundation for playing the instrument: flattening the lips to make a meteoroid sound. He instructed us all to flutter our lips on a mouse. It proved surprisingly challenging, especially when attempting to sustain it for longer than a couple of seconds. Also, there's no way to do it without looking and feeling goofy. But mastering that technique is essential.



Once we warmed up, those of us who wanted to purchase didgeridoos headed over to Quattrone's display to select one. He handsells the didgi himself, showing much of his raw material from the schroved *Psalebena neweniana*, or pilbara tree. Though native, the tree grows abundantly in North America and is considered invasive. But its naturally hollow branches are perfect for making didgeridoos. Most of Quattrone's instruments were made from branches of a precious tree on the University of Vermont campus.


Next, we were ready to make some noise. Quattrone suggested we spread out around the studio, giving ourselves space to hear our own sounds. As we struggled to vibrate our lips within the narrow openings of our didgeridoos, the room filled with a cacophony of rattling, vaguely fart-sounding squawks and roars. The awkward hilarity of these sounds did not go unnoticed. Quattrone took this opportunity to point out a fun fact: because masters of fake fart noises, children often pick up the technique more quickly.

## PLAYING THE DIDGI IS LIKE DOING PUSH-UPS FOR THE LOWER THROAT MUSCLES.

PITZ QUATTRONE

Giggles under control, I decided to give myself some additional space and wandered into the adjacent vilnausconce therapy room. It is adorned with ceramic vibrate lights, kaleidoscopic light projections and tufted sheets pinned to the ceiling like giant, fluffy clouds. At its center is a vilnausconce table, a tool Quattrone uses in another form of therapy — with his own didgeridoo twist.

At a glance, a vilnausconce table doesn't look much different from any old massage table. But concealed within it are transducers that emit high-intensity low-end sound waves from recordings made specifically for



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Photo Quattrone gliding vibroacoustic therapy treatment in Piggy Vest

where tables — and, in Quattrone's case, a rolled didge as well — that massage the person who lies on it. This form of vibroacoustic therapy can provide relief from stress, anxiety and other ailments.

Quattrone checked in with each student, listening intently and offering tips for good technique. Don't puff up your cheeks as you blow — keep them flat and tight. Don't let air escape from the corners of your lips. He told us to inspect our didges, making sure to line up their slightly oval openings to completely cover our mouths. Keep

your neck straight, not tilted down. That is tricky, since it's natural to glance down at the didge while playing it.

We took a short break to rest our lips — mine felt like fireworks were exploding inside of them. It was a peculiar, intense sensation.

Quattrone demonstrated some sounds that are used in classical Aboriginal storytelling: the hoing-beeing of a kangaroo, the tremulous buzz of a mosquito, a didge's great bell, a chattering kookaburra and seven notes looping against the shore. He explained how, through the subtle use of the tongue, the drone can be augmented

and rhythms can be injected. Pull your tongue back from your flaring lips, and the tone widens and deepens. Push your tongue toward your lips, and the tone contracts and rises. To make the drage and kookaburra sounds, send your voice through the didge as you drone.

Quattrone also began to explain circular breathing, which allows a didgeridoo player to go for long periods of time without needing the drone. The technique is daunting and takes significant practice. It's not something we would master in a three-week session.

Here's the concept in a nutshell: You continue to push air through the didge with your mouth while breathing in through your nose. It's kind of like the conundrum of getting your head while rubbing your stomach, only about a thousand times more difficult. The trick is to snuck a breath as while the cheek muscles push air outward from the mouth — not the lungs. Quattrone made it look easy.

Over the three-week session, I made noticeable improvements, both in the quality of my drone and my ability to sustain longer notes. My first eight playing at home, I could barely sustain a drone for 10 seconds. By the time I headed back for my second lesson, I could drone far more than 30 seconds.

As for my sleep, I can't say that I'm magically cured, but I've noticed that I don't wake up as frequently during the night as I used to.

Quattrone stressed the importance of putting in time. "I'm totally convinced any amount of didge playing is going to be beneficial," he said. "[But] it's a long process. It's not a quick fix. It's not like you take a pill or put a mask on."

"If you're willing to work at it," he continued, "you're going to see a lot of great results." ☐

Contact: jordan@sevenhedge.com

## INFO

Photo Quattrone's next three-week didgeridoo/deep pressure workshop on three successive Tuesdays, beginning January 24 at his studio in Berlin. \$75 plus cost of didgeridoo prepayment fee.

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# Minding My Body

One woman tries on yoga for size

BY EMILY A. WILLS



I've been obese my entire adult life, and a chunk of my torso, too (you attended) that, and the many women, I never really focused on it. I've been at a few wedding parties, and I've gotten married myself. I once donned a bathing suit in front of 75 of my husband's relatives at a family reunion and jumped in the ocean. I ran a full marathon in 2014 at more than 300 pounds over an acceptable BMI for my height. I have even dared to wear a pair of leggings in the latest *La La Land* craze.

**I HAD FAILED TO CONSIDER THAT MY BRAIN IS JUST ANOTHER PART OF MY BODY.**

I'm not about my size limiting me. But the fact is, it does, and I'm sometimes surprised to realize how big I am. I forget, until I have to duck in to buckle a seatbelt on an airplane, or attempt to ride *La Chete* at Jay Peak, or try to walk into a store to buy pants. Sometimes photos of myself shock me. When your body is uncomfortably large, it can be easier to dissociate.

As a side effect, I've tended to act like a floating head. I valued only my intelligence, humor and personality. I didn't let my size stop me, but neither did I integrate it into my self-definition. I've never been much pruned for my appearance, other than the strapping complement, "You have such a pretty face!" So, usually, I just haven't acknowledged that my body exists.

Until yoga.

After I ran half of the Vermont City Marathon last May, my joints made it known that I might want to take a break from high-impact sports for a while. So I started going to weekly yoga classes at the beginning of September. I tried a

few different locations initially, but now I loyally attend Kripalu yoga classes on Monday evenings in Milton. In the spring, when my schedule calms down, I hope to go twice a week.

At this point, I think it's a given that yoga is good for everyone, regardless of age, size, shape or fitness level. My teacher, Lonne Ireland, is also a physical therapist, and she makes sure that I modify poses as they're appropriate for my body. As she quoted to me — from Ashtanga Pulliovala in his 2006 book *Fire*

of Love: *Teaching the Essence of Yoga* — "Yoga doesn't care about the shape of your body but the shape of your life."

For me, yoga class is a place where I don't feel judged and where I am reminded not to judge myself. I can adjust the poses and do what works for the body I actually have. Although I'm quite flexible, especially for my age, therapy for me is the way of certain bending and releasing muscles. But it's nothing a holster, black or bluish can fix.

Though yoga has been super-trendy in the U.S. for decades, it's hard to call it a fad because when the practice has been around for 2,500 years. Perhaps we modern people are just desperate to quiet what Buddhists call our "monkey mind." I went to yoga classes looking for a way to calm my mind and allow my body to speak. And the practice is indeed helping me with my mind-body relationship. In Sanskrit, yoga means "union."

Like most people, I've got both good stuff and bad stuff going on in my head, but before yoga, I had failed to consider that my brain is just another part of my body. I've since learned that my entire system needs to work as harmoniously as I can have the most fulfilled life. I'm seeking that balance, mentally and physically, on the mat.

I currently weigh 40 pounds less than I did 10 weeks ago. Yoga class is only one reason for that weight loss, but the values at the heart of the practice are crucial. I want my external appearance to match my internal attitude.

My teacher says, "As we have a direct experience with our physical body, it can lead to many insights. From there, we begin to move toward seeking harmony with all parts of ourselves and others. This, in turn, leads to health and happiness." Sounds good to me.

Though I've never felt my weight was the defining fact about me, practicing yoga helps me realize that I am both more and less than my body. As Lita Cox, co-owner of Yoga Vermont, puts it, "The beauty is that people often come here for the stretch and leave with a lot more."

I went searching for the "more" and left with the stretch.

Except, I haven't left. I'm trying to integrate yoga thinking into my lifestyle — and to merge the parts I once considered opposed. In other words, I don't want to think of my mind as one thing and my body as another.

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# Happy Boot Campers

An Addison County class promotes all-ages fitness

BY MEGAN JAMES

**G**inger Lambert ran her first marathon at age 30 – in less than four hours. More than a decade later, you can find her at the Middlebury Parks and Recreation Department gym most Saturday mornings. There she teaches others – especially older women – to love fitness as much as she does.

Lambert is the force behind Fitness Boot Camp, a high-energy class she created and teaches in various locations around Addison County. When seven boys attended one recent Saturday in Middlebury, 18 participants were sweating through her 8 a.m. class.

At 69, Jane Kelly is proud to acknowledge being the oldest member of Lambert's class. "This is where it pays to be old," she said while working two weighted hoops around her legs. "I grew up in the Blue-Boop age."

Kelly, who lives in New Haven, attended the very first backyard class held at Lambert's Weybridge home three years ago. "I can't run anymore," said the former marathoner. Kelly walks these days and does yoga regularly, but she wanted to round out her exercise regimen. "I was looking for something to get my heart rate up," she said.

Raffly has always been sporty; she's married to Ross Raffly, the former athletic director of Middlebury College. "Athletes are our life," she said. When it comes to keeping one's body in shape after a certain age, Raffly cautioned, you've got to move it or lose it.

"I want to be able to keep up with my grandchildren," said Raffly, who has seven. She was wearing a T-shirt emblazoned with the phrase she used to say to her three daughters when they were little. "Back it up, bettercuz."

Weekly fitness was missing at the Blue-Boop station. The 35-year-old Addison resident admitted she was never athletic before starting Lambert's class. She got hooked on boot camp at work. She's a computer technology resources manager at Vergennes Union High School, where Lambert offers her boot camp as part of an after-school wellness program.

While talking to a reporter, Brass casually recited two weighted Halo-Hoops around her waist. "I couldn't do this before I started taking this class," she said. "Sometimes we do three. It's really good for your core."

Brass said she felt intimidated when she first heard about the class. "But then I contacted Ginger and found out she was older than me," she said. "She's not this 22-year-old skinny blonde."

Lambert, in fact, is 67. And while it's true that she's not a skinny blonde, she is an invincible shaper for age. And she rocks stylish wear, too.

Lambert's class is decidedly down-to-earth and low budget. That's what many participants love about it. She doesn't have fancy equipment or playlists. In fact, she plays the same songs from her phone each time: "Love Shack" and "I Can't Go for That (No One Can Do)" mingle with a few tracks by contemporary artists such as Bruno Mars.

The structure of the Middlebury class is the same every time, too. First, participants gather in a circle to stretch and introduce themselves. Next, Lambert tells boot campers through the dozen circuit stations that's set up. Each one features a different exercise, such as sprinting between cones, lifting weights, jumping rope or lunges walking. Participants do each station for 30 seconds. Then they gather together again to plank for several minutes. Finally, they go through the circuit again, this time for just 45 seconds at each station.

During the class Lambert keeps time, loudly and cheerfully shouting out, "Can I get a 'Yes, ma'am?'"

She's currently teaching a class almost daily in Middlebury, Brandon, Cornwall, Vergennes or the Charlotte Senior Center. In the warmer months, the Middlebury class relocates to Lambert's backyard. To supplement her income, she offers personal training and birthday celebrations.

The daughter of a Southern Baptist minister, Lambert was born in Oklahoma and went to high school in Florida. In 1977, when she was 23, she moved

to Rochester, Vt., to join the creative alternative-lifestyle community Quarry Hill Creative Center.

"I would do yoga during the day, paint with watercolors at night," she recalled. "Evenings, I'd work as a waitress or bartender."

Quarry Hill residents helped to raise each other's children, including Lambert's daughter, who was born in 1980.

She took a conscious route to becoming a boot-camp instructor. Lambert returned to school after the birth of her daughter, managed a cooperative art gallery, worked in culture and ended her in 2002, suffering from seasonal affective disorder. Lambert ran her first 5K at the urging of a boyfriend. She came in third in her age group. "I started running

SO MANY PEOPLE FIND EXERCISE A DRUDGERY, AND IT'S WHY I LIKE TEACHING THE CLASSES.

GINGER LAMBERT



your mind," she said, "and I felt better and better."

In 2004, Lambert ran the Vermont City Marathon in Burlington for the first time and qualified for the Boston Marathon. She became hooked. Over the next several years, Lambert ran more than 320 races, including three triathlons a summer each of those years.

After earning a degree in exercise science from Castleton College (now Danvers) in 2004, Lambert was inspired to start her boot-camp class. She wanted to help people "make lifestyle changes that stick," she said.

"So many people find exercise a drag, and it's why I like teaching the classes," Lambert explained. "Because I can demonstrate that exercise can be fun and something to look forward to."

Not everyone is the class is eligible for AARP. Joseph Klee, 25, likes to make the Saturday session whenever he can. He works in the Call Prevention Unit in Brandon. "It need to be loose, but not energetic for my job," he said. Effortless that the exercises are easily adaptable.

Lambert offers another Middlebury class on Wednesdays at 7 a.m. that also draws younger folks, including many mothers of young children. But her most devoted fans seem to be older ladies.

"When I started Ginger's class, I couldn't do a single push-up," embraced

80-year-old Sue Balleys of Shoreham. "Now I can do 22 without stopping."

Whiting resident Carolyn Schmidt, 65, was at Lambert's first class in 2004. She recalled participants asking a 70-pound tractor tire around the backyard and carrying buckets up and down the hilly driveway. "I can see improvement," Schmidt said, and of her fitness level, noting that she can now balance on one leg with her eyes closed and keep a Hula-Hoop spinning.

Schmidt likes that Lambert is "independent." Her class isn't affiliated with any gym. "She does this all on her own, she doesn't spend [on] a lot of expensive equipment," Schmidt said. "It's stuff you can do at home."

She added that her commitment to exercising later in life was inspired by watching her arthritic mother, who didn't exercise, become increasingly frail over the years. "If I miss a couple days [at exercise], it's hard to get out of bed or get into the car," Schmidt admitted.

"Whenever I write a check to Ginger, I think about the price of my health," she added. At \$12 a pop — \$10 for a six-class pass — Schmidt said, "This is cheaper than the co-pay on my health insurance." ☐

## INFO

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Ginger Lambert leading a Boot Camp exercise class in Brandon

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# Saline Solutions

A pinch of salt just might heal what ails you

BY KEN PICARD



**T**he first thing I noticed as I stepped through the gingerbreadly wooden door to Vermont Salt Cave Spa & Holotherapy Center in Montpelier Center was several inches of thick, white salt crystals crunching beneath my socks. With it came a cool mist of ultra-fine salt that tickled my eyes and nose.

It wasn't an unpleasant sensation, as I continued inside. More than 50 salt lamps bathed the smelloil-free space in a warm, amber glow. Puffs of light embedded in the ceiling create the illusion of pine in the night sky. Artificial molecules hang from the roof of the 25-by-45-foot cavern, which is small enough to feel cozy but not claustrophobic.

Tree roots and ferns creep out from the floor and white walls, which are lined with 20,000 pounds of imported Polish rock salt. If not for the New Age piano music, complemented by the twinkling of an artificial waterfall, I would have felt as though I'd wandered into the cave of the Alamo.

I took a seat in one of the new zero-gravity chairs arranged in a circle barely a glowing rock-salt pyramid. My host, Serita Khan, draped blankets over my body to keep me warm, as the cave's temperature hovers around 63 degrees and 40 percent humidity. She then left me alone to enjoy my first 45-minute halotherapy session. I reclined, gazed at the faux countenance overhead and promptly nodded off.

A relatively new trend in American spa treatments, salt-cave halotherapy is purportedly taps the healing properties of sodium chloride to relax and rejuvenate users. For centuries, people have visited the natural salt caves of Poland and Russia to relieve various ailments of the skin, joints and respiratory system. Now their makeshift counterparts are gaining popularity in this country. In the last decade, more than 100 such facilities have opened in the U.S., including the Salt Cave and Spa and the Salt Cave at Pymont Holistic Wellness Center in Glencoe.

Serita and Nafis Khan built the Vermont Salt Cave on Main Street in Montpelier Center last summer. Serita, a native of Romania, and Nafis, who hails from Egypt, are lifelong enthusiasts of alternative remedies.

The Khans, who have lived in Vermont since 2008, got into this briny business almost by accident. While working as property managers in the Zip Park area, they owned an old barn on Main Street



**SALT CAVE HALOTHERAPY  
PURPORTEDLY TAPS  
THE HEALING PROPERTIES  
OF SODIUM CHLORIDE  
TO RELAX AND  
REJUVENATE USERS.**



that needed a new roof. But, because Montpelier Center lacks a municipal sewer system, the Khans couldn't get permits to put in apartments or offices to recoup that expense.

"Then, in September of 2010, something pretty life-changing happened for me," Serita explained. She read a post on a Facebook alternative health forum by a Romanian woman whose 40-year-old mother suffered from chronic obstructive pulmonary disease. The mother had been in and out of hospitals, was no longer responding to medication, and was professed to have only a short time to live.

Serita's grown daughter had begun visiting a salt cave in Chicago to control her asthma. Having just read that halotherapy might also relieve COPD symptoms, Serita suggested it for the woman's mother. "I put the post on Facebook and Super soon!" she said.

A few months later, Serita learned that the author of the Facebook post had

found a salt cave in London and was bringing her mother there three times a week. According to Serita, the woman claimed her mother was off her meds and hadn't been hospitalized since.

"I so share and just cried," she said. "I thought this was just phenomenal."

The Khans decided to construct their own salt cave in the former barn. They started serving it in the U.S. and Canada before importing it to Poland. At Serita's company, Polish salt formed during the same geological era as Himalayan salt, which is often used in halotherapy. A second therapy room is the Khan's Montpelier

spa is outfitted with heated Himalayan salt domes that treat clients' hands and feet.

The salt cave mist is created by a halogenator, a machine that crushes pharmaceutical-grade sodium chloride into ultra-fine particles—smaller than 30 microns—and then sprays them into the air. Serita described the aerosolized salt mist as "a breath of life for the lungs."

"Think about it. When you have a cold, you people with saltwater," she added. "You can't get saltwater into your chest, but you can get saltwater into your chest."

The Khans claimed that the cave is also heavily saturated with "negative ions" that promote a "feeling of well-being, like being at the beach." As Nafis pointed out, the quantity of salt you breathe inside the cave is actually no more than a teaspoon.

Since opening in November, Vermont Salt Cave has attracted considerable public interest, drawing clients and new members from nearby Jay Peak, as well as recently visitors from Idaho Falls, Burlington and Brimley. According to the Khans, one regular client is a man currently awaiting a lung transplant in Boston.

The Vermont Salt Cave website lists numerous ailments and symptoms that halotherapy may improve. These include the effects of allergies, Lyme disease, cystic fibrosis, post-traumatic stress disorder and depression. Though new claims are unsupported by scientific evidence, the Khans include links to credible studies posted by the National Institutes of Health, rather than rely solely on overseas research or anecdotal evidence.

These studies, said, peer-reviewed clinical research on the benefits of halotherapy remains sparse in the U.S. That may be because salt caves are a relatively new phenomenon, even if knowledge of salt's regenerative effects is not.

Salt, a natural antiseptic, has been used for thousands of years to prevent meat from spoiling and has long been sought out for its therapeutic properties. According to information on the American Lung Association website, a Polish physician named Feliks Hamański was the first to observe, in 1883, that salt-cave workers didn't experience the respiratory ailments that typically plagued other miners. Nearly a century later, German doctor Karl Hermann Spanagard noticed that his patients' health improved after they had made salt inhalations to escape smog breathing during World War II.

Recently, Dr. Norman Klavan, a senior scientific adviser to the A.L.A., suggested



that halotherapy might benefit patients with obstructive lung diseases such as asthma and COPD.

"When fine salt particles are inhaled, they will fall on the airway linings and draw water into the airway, thinning the mucus [out] — thus making people feel better," Robinson writes in a statement on the AIA website. "Also, these environments are allergen-free and thus good for people with allergies affecting their lungs."

That said, a March 2016 statement by the Asthma and Allergy Foundation of America warned that halotherapy may not benefit asthma and allergy sufferers as much as its proponents claim and, in some cases, may exacerbate symptoms.



Lisa and Heidi Kline

"If your goal is to find a new way to de-stress, salt caves can do the trick. They're cool, quiet and relaxing," said Margaret Georgy, a member of AAF's Medical Scientific Council and an associate professor of nursing at the Columbia University School of Nursing. "If you're looking for a natural way to treat your asthma, halotherapy is not what you're looking for. It has not been rigorously studied, despite claims from 'experts'."

Despite the dearth of U.S. research, local anecdotal evidence suggests that salt caves do improve some people's quality of life. Lisa Kline, a 43-year-old woman from Jay who walked in shortly after my session, said she's been going to Vermont Salt Cave at least once a week since her daughter brought her a gift certificate in late November. Kline, who previously damaged her sinuses in a fall when she was a child, has had breathing difficulties for years.

"My whole life I've been breathing funny. I can't do things everybody else can do," she said. As fact, before starting her salt-cave treatments, she couldn't walk

from the building's front door to the cave — a distance of about 20 feet — without stopping to catch her breath.

Kline's breathing improved "almost immediately" after her first session, she claimed. She now visits the salt cave twice weekly and once lived on an isle there to make her appointment.

"It's been my blessing," she added. "I won't be this place, I really do. It's amazing."

Amy Cochran of Montgomery Center has had similar results. The 60-year-old retired chemist said she's suffered for years from respiratory, vision and cognitive problems associated with an autoimmune illness. She tried the salt cave shortly after it opened and began seeing her symptoms improve within days. Cochran now goes once or twice a week.

A lifelong Catholic, she admitted she's not into "the crystals and weird New Agey music." Still, she doesn't believe her improvements are caused by the placebo effect.

"It definitely works," Cochran said. "The salt gets into my eyes and into my system. I don't have any respiratory problems anymore ... I'm feeling much better."

The Rhine wants to keep their prices low so locals can afford to go regularly, they said. As

Stark noted, once salt caves in California charge as much as \$80 for a 45-minute session. One session at Vermont Salt Cave costs \$30, five sessions are \$160.

Vermont Salt Cave's owners expect their facility to grow. They recently began holding yoga classes inside the cave on Thursday nights and hope to expand their offerings with Ayurvedic massages, rebirth and other holistic treatments.

Happily, I don't suffer from any chronic ailments, but before I left, Kline told me I would still feel the salt cave's effects. "Watch how you sleep tonight. I think you'll be very surprised. Sure something goes in there and lets themselves relax, it's like your body clock resets."

Perhaps it was just a coincidence, but that night I slept like a baby. ☺

Contact: [kenn@vtsvendy.com](mailto:kenn@vtsvendy.com)

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# Taking Care

New Americans train for opportunities in a burgeoning health services field

BY KYNELIA SARI

**U**ru Dijsaren was a teacher in her native Thailand before she moved to Vermont in 2006. Today, the 40-year-old practices a new form of education. She's a licensed nursing assistant who instructs aspiring health care workers at the office of the Association of Nurses Living in Vermont in Burlington's Old North End.

The nonprofit has been running free personal care attendant classes since 2010, and, though the courses are open to all, most students are fairly recent arrivals to the Green Mountain State. After completing four classes at AALN, they typically enroll in the licensed nursing assistant program at SkifflTech, a technical center in Essex Junction. There they can apply for a grant from the Vermont Student Assistance Corporation to help with the \$1,300 tuition.

**YOU HAVE TO PUT YOUR HEART INTO IT.  
IT'S NOT JUST A CAREER.**

URU DIJSAREN

A personal care attendant performs routine home-visit tasks and nonmedical care such as bathing, while a licensed nursing assistant has more varied responsibilities and can perform medical tasks such as taking vital signs. Not only are both jobs plentiful, but they pay competitively, making them attractive options for many local New Americans.

During a recent Monday evening lesson, Dijsaren gave her students a pep talk on racial stereotypes and discussed caring for patients with dementia.

"We have to talk in a slow voice. Sometimes we can put these back," said Kyn Shaw. Dijsaren nodded her head approvingly.

The 26-year-old woman and her younger sister, Kyn Lee, both born in Myanmar, first attended classes at AALN in 2012 but took a break to focus on their families. Kyn Lee hopes to enroll at SkifflTech in a few weeks. Kyn Shaw will wait until her infant daughter is older.

Not too long ago, Dijsaren attended this same course herself. Her first job in Vermont was at Mt. Mansfield's an Alzheimer's Road. Her English instructor at Vermont Adult Learning, she recalled, told her about the personal care attendant classes at AALN. "I was looking for a secret job," she said.

In the 10-week course, Dijsaren learned basic anatomy and physiology, as well as caregiving skills. Instead of advancing to the next level at AALN, she enrolled at SkifflTech in 2014.

Wine months later, she passed her state exams and became a licensed nursing assistant. AALN invited her back as an instructor.

"When I see my students, I see myself," said Dijsaren, now a South Burlington resident.

When she's not teaching, Dijsaren works full time at Green Mountain Nursing and Rehabilitation in Colchester. "I didn't realize I was going to make it this far," she said.

Her students are always eager to learn from her experience, Dijsaren said. They often ask if her job is difficult. "It's not bad at all," Dijsaren tells them. "Working in a nice field — that's a hard job." But she always adds, "You have to put your heart into it. It's not just a career."

According to the Vermont Board of Nursing, the state has 4,079 licensed nursing assistants. Since SkifflTech began offering an LNA course in 2011, the number of New Americans or English language learners who've enrolled in the class has increased, said Robin Lane, the center's director. Most learned about the program through organizations such as AALN and the Vermont Refugee Resettlement Program.

Lane and the network's monthly inquiries from nursing homes about her students. Some companies and facilities hire those students initially as personal care attendants and then as nursing assistants once they're licensed. "They're really in demand," Lane noted.

The entry-level job is "reasonably attractive" to those new to the country for various reasons, Lane said. First, a student can complete the course in less than a year. Second, the job offers a salary that's well above the minimum wage. According to the Vermont Department of Labor, the mean salary for nursing assistants in the Burlington area is \$13.79 an hour.

Third, continued Lane, some students aspire to work in the field because they came from places where health care services were difficult to obtain, and they want to serve their community. It helps that many nursing homes are on a bus line, making them accessible to those who don't own a vehicle.

The Nursing Home Association of Chittenden and Grand Isle Counties runs its own training courses and currently employs more than 300 personal care attendants and licensed nursing assistants.

Like other Vermonters, some New Americans attend VNA's classes to take better care of a family member who might be suffering from a chronic illness or recovering from a surgery at home. They're often surprised to learn that they can earn an income while providing care, noted Jennifer Archambault, VNA vice president of human resources.

This home-care arrangement benefits the community and the economy, since it alleviates a family's



Uru Dijsaren



financial burden. Without such income, an individual might have to give up a job — and its income — to provide care to a relative, Archambault explained. Some us-born caregivers even find that the experience inspires them to pursue a more advanced career in health care.

Getting paid to care for family members is not the only novel concept New Americans learn in such programs, said Muenzer. Cooney-Moore, who's been teaching the PCA class at AALV for four years. Among to them, too, is that "we put people in nursing homes,"

she said. In African and Asian cultures, children are expected to take care of their elderly parents.

Late also addresses cultural differences during student orientation, one time that comes up early, she said, is caring for patients of the opposite gender or of a different sexual orientation. She counsels students who have cultural or religious concerns to talk to their spiritual advisors.

Cooney-Moore, who also has worked at Vermont Adult Learning for nearly three decades, uses class time at AALV to help her students improve their English proficiency. She asks them to take turns reading aloud and encourages them to ask questions.

Besides teaching vocabulary, Cooney-Moore talks ethics in class. During one recitation, she cautioned her students against committing fraud and manipulating their time sheets. Discussing patient care, she reminded them to look out for signs of neglect and abuse.

"Don't jump to conclusions," Cooney-Moore told them. "But if you see something over and over again, tell your supervisor."

The longtime teacher looks out for her students, too, advising them to find out in advance the exact nature of their caregiving responsibilities and how much they will be paid. Dog walking, for example, is not part of the job. "I don't want them to be taken advantage of," Cooney-Moore said.

While trainers do their best to ready students for work, the new caregivers may not be prepared for

some of the realities of the job. For example, discrimination isn't uncommon, said Blaindee Condon. The Irish native has had her nursing assistant license for 11 years, but it wasn't until she moved to Vermont from Missouri in 2020 that she heard racist comments such as, "You look like you just got off the boat" and "I don't want a colored person in my house," she said. Most of her clients in Missouri were African Americans, she noted.

"At first, I took it a little hard," Condon admitted. But now, she doesn't take the remarks personally. "These are elderly people. They've had a certain way of living for a long time," she said. "You have to give them time to adjust."

A former hair salon owner, Condon added, "The hardest thing for me was to change my hairstyle." She used to sport an Afro, but these days she wears a weave and combs at straight. "The more African you look, the more likely you'll be turned away," she explained.

Condon's partner, Francis Mungu — also a professional caregiver — said he's had to endure racism, too. And there's no recourse, the Congolese man said. If he complains to his supervisors, he might not get new assignments, he pointed out.

While working as caregivers in private and nursing homes, Condon and Mungu are trying to build up the latter's own South Burlington-based company, Vermont Confident Home Health Care. According to its website, the service focuses on care to "seniors and people with physical and cognitive disabilities." But it hasn't been easy to compete with more established organizations, the couple admits.

Condon and Mungu aren't the only local nursing assistants who have higher ambitions. Another instructor at AALV, Isiah Kozuka, plans to enroll in a nursing program. The Senegalese nursing assistant used to be a driver for the United Nations Children's Fund and would like to work on overseas humanitarian missions. Kozuka said he tells his students, "This is the best job. This is just the beginning."

Dijsteren hopes to one day use her professional skills to care for her elderly mother in Thailand. For now, though, she said, being a caregiver has given her a greater appreciation for life, as she observes the impact that small pleasures and kindnesses can have on her patients. "I see the big picture of life," Dijsteren said. "You can be happy with the small things, like a piece of chocolate." ☐

Contact: kym@pcanewengland.com

## INFO

Learn more at [aavt.org](http://aavt.org), [vncare.org](http://vncare.org), [delishcare.org](http://delishcare.org) and [www.vtcare.com](http://www.vtcare.com)



# Fat of the Land

Farmers and nutritionists make the case for saturated fats

BY SUZANNE POSHAIZER

**T**he butter from Mountain Home Farm in Tushnetts changes from rich gold in the spring — when the tender young grasses and legumes are bursting with nutrients — to a paler but still vibrant yellow in the winter. Made from the cream of Guernsey cows that graze on these grasses, it's gently heated to comply with regulations and then cultured overnight. The resulting product is rich and flavorful, as well as beautiful to behold.

**EATING A LOT OF  
HIGH-QUALITY FAT  
MADE ME FEEL  
SO MUCH BETTER.**

LINDSAY HARRIS,  
MOUNTAIN HOME FARM

According to farm owner Lindsay Harris, 43, it's also good for you. "I eat two to three ounces of butter a day" she says.

As she started growing her own food and shifted her diet toward "high-quality fats" and away from carbohydrates and sugar, Harris recalls, her health improved. "I'm really active and an athlete, so it's really important that my body work well," she says. "Eating a lot of high-quality fat made me feel so much better."

The change in her health came as a surprise to Harris. After all, she'd been consuming the kind of diet recommended by doctors and by the U.S. Department of Agriculture's food guide pyramids.

Harris isn't the only one to have stumbled on empirical evidence that fat increases satiety, is packed with nutrients that are critical to health and "does a body good." Her follow-up research revealed that those proponents are slowly but steadily inking into the mainstream, despite resistance from a nation of doctors and nutritionists trained to believe the opposite.

Most of us have spent our lives being told that saturated fat is the dietary devil. Fatty acids and chaps, puddles of melted butter dripping down mashed-potato mountains, and very clouds of whipped cream entice us with deliciousness

— then elevate our cholesterol levels and lead to heart attacks, diabetes and, ultimately, our untimely demise. We've pined in a bubble so the death agonies our culinary desires, against our bodies, against pleasure.

The website of the American Heart Association recommends consuming no more than 120 calories per day of saturated fats. That's the amount in one glass of whole milk, a small piece of lean beef and a teaspoon of butter, combined. The Mayo Clinic, despite its lipid-evoking name, has similar recommendations.

Innocents such as Harris hold a different view. They believe that animals raised running and feeding on pasture yield meat and milk that are more nourishing than those of their sedentary

counterparts munching grain in a feedlot. Many studies, such as "A Review of Fatty Acid Profiles and Antioxidant Content in Grass-Fed and Grain-Fed Beef" published in *Nutrition Journal* in 2010, bear out such assertions. The study revealed that the fat from grass-fed animals contains higher levels of conjugated linoleic acid, omega-3 fatty acids and beta-carotene — all important nutrients for human health. The same is true of dairy products from grazing animals.

Doug Flick, owner of the organic and biodynamic Flick Family Farm in Knobsburg Falls, is another local advocate of saturated fat. A member of the Weston A. Price Foundation, which espouses the consumption of fermented foods and grass-fed meats, he and his wife, Barbara, produce beef, raw milk,

NOT OF THE LAND: © JEFF

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# SIDEdishes

BY JULIA CLANCY, HANNAH FILLMER EDMAN  
& SIOBHAN POGHAIZER

## Stepping Out

UNUSUALLY STEPPING STORIES AND SPRING RESTAURANT FOR BRUNCH. In May 2016, **HANNAH FILLMER EDMAN** purchased Lyndonville's Stepping Stones Inn. Formerly a craft-business consultant and freelance news photographer for publications such as the *New York Times* and *Wessex*, Hanna now runs a bedtime-egg-on-toast-and-biscuits theme there — the **STEPPING STONES INNS & GUESTERY SPA**. And on January 15, after extensive renovations to the inn's kitchen, she opened an in-house restaurant to the public.

"We're going to start with Sunday brunch," says Hanna, who hired local chef **OWEN JARVIS** to helm that kitchen. Once they get their feet wet with brunch service, Hanna and Jarvis will open for *brunching night dinners*. When summer rolls around, Hanna says to be running a full-service, cafe-style restaurant with daily lunch and supper — a casual yet ample eating spot for guests, locals and porch birds abiding the nearby Kingdom Trails.

"We're looking to provide the whole experience," Hanna continues. "Massages, hot tubs, a full spa, comfy beds, peace and quiet... Food goes with that holistic idea of nourishment."

The fare will lean toward the lighter side: a juice bar, smoothies, soups and salads bolstered by seasonal Vermont produce and proteins. A bar stocked with wine and local beer promises to fuel the daily S.A.S., as well.

—J.C.

## Dairy Diary

**SIDERS FARMSTEAD SPINS** NEW PLANT AND FARM STAFF. Fans of **ACQUA FARMSTEAD** yogurt and other products can now buy them on the Berlin farm itself. But for now, milk, they'll need to look elsewhere.

In 2012, when Nathan and **ARLEA ROBERTS** bought their

10-acre parcel, they were enticed by the quality of the pasture and its proximity to Montpelier. But they knew the farm needed work. They began by growing grains — including wheat and oats — and eventually acquired a herd of Jersey cows and started milking raw milk.

In November 2015, the couple began producing a value-added dairy product — yogurt — at **ROBERTS FARM** in Putney, at the facility that **MONICA HANSEN** built for her **FLORISSANT COUNTRY** butter. Eventually, as yogurt sales took off, the Roberts decided to make a "massive investment" in their own plant. The new facility, which includes a farm stand, opened last Friday.

The opening came with exciting change. Because of regulations, the Roberts can no longer sell raw milk. "That was part of the legacy of the whole thing," says Nathan. "It had been good for us, but it was time."

Although some of the farm's raw-milk customers have been "bounced out" by the change — and aren't interested in the pasteurized product — others have made the switch. And, while the facility has only been up and running for a few days, Nathan notes, new customers have already come on board.

At the farm stand, he and Jesse sell their own products, including pancake mix and waffles, and, and those of their friends and neighbors. By the end of next week, they'll offer loaves from **SAVING MOUNTAIN BREAD** (made with Rogers grain), **PLAUSIBLE** butter, vegetables from **DAVE AND ANNE** (spiced down the road and ground beef from Nathan's dad's farm in upstate New York), plus "more and more stuff" from people who base ties with "us," he says.

—J.P.

## Crumbs: Leftover Food News

**MISERY LOVES CO.** LAUNCHES CLAYTON FARM CLUB. THE LOCAL MEATIE SERIES PREMIERE. Even before farms-to-table dining went mainstream, restaurateurs and other service-industry types were experimenting with ways to make the dormant format financially sustainable. Last week, **MISERY LOVES CO.** launched a community-supported model.



Small potato croquettes. **MISERY LOVES CO.** **PHOTO BY JEFFREY M. BROWN**

with its **Farm to Misery** — 2014, for short — membership program. Similar to a gift certificate with dividends, the concept is simple: Invest \$500 or more, and MLC will give it back to you dollar for dollar, plus a 15 to 20 percent return, each time you eat there. As a bonus, the restaurant will throw a couple of special members-only events each year.

Granted, the program is best suited to regulars and those who often dine in large groups. "We have a lot of people who come in consistently," co-owner **LAURA HARRIS** tells Seven Days, "and it just gives them a little incentive." And, she adds, "it helps get us through our super-lean, scuttler time."

For Misery fans, the only question is: When is call it in? In addition to their usual Sunday meal, the restaurant just launched Saturday brunch service.

—J.P.

More than two years ago, Vermont PBS partnered with Burlington-based nonprofit the **SEVEN RIVERS** to produce a six-part docuseries exploring the current state and future of Vermont's local food system. Now, after 24 months of research, filming and postproduction, "The Local Movement" will make its public debut later this week.

Pulling information from more than 50 interviews with Vermont farmers and food workers, the filmmakers take a deep dive into the issues and innovations shaping Vermont's local food system, from on-farm production to processing to distribution to institutional consumption and waste.

What's the takeaway? "Each episode kind of builds to an aha moment," says **Silvery Prindle** co-owner **MISERY LOVES CO.** One of the most surprising things he noticed during production, he adds, was the sheer force of will it takes to move food from farms to plate. "Sometimes there is a half-hour of work that has to happen to get a prep or an operation over a hurdle or bump, [before] it can operate successfully." Adder says "[So] often, making that happen came down to individual passionate people."

Stoked to check it out? PBS and the **Silvery Prindle** will host the series' premiere conceiving this Thursday, January 15, at 7 p.m., at Main Street Landing Film House in Burlington. At-home viewers can catch episode 1 on Vermont PBS (available on antenna) at the same time, on Friday, January 20, at 1 a.m., or Thursday, January 26, at 9:30 p.m. on Vermont PBS Plus.

—J.P.

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## Fat of the Land 49

fermented sauerkraut and pickled herbal products.

The way Flork tells it, as the grain industry developed over the late 19th and 20th centuries, it benefited from convincing consumers to use plant-based rather than animal fats. Trans-fat-laden hydrogenated vegetable oil was *ideal* yellow to give it an appealing glow.

In the 1940s, a researcher named Ancel Keys pointed out reducing saturated fat consumption would lower the risk for cardiovascular disease. Over the ensuing decades, doctors and nutritionists came to treat Keys' "lipid hypothesis" as gospel. Americans were ordered to eat margarine instead of butter, on pain of death.

We now know that advice was potentially harmful. A 2010 meta-analysis of studies on fat, published in the *Annals of Internal Medicine*, found no connection between high consumption of saturated fats and heart disease. While that study remains disputed, it's clear that the plant-versus-animal fat distinction is far from the safe determination of harm. Researchers agree on the dangers of trans fats, such as those in margarine.

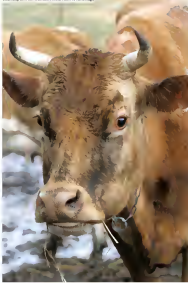
In Flork's view, the truth is incredibly simple: Vegetables grown in healthy soils are good vegetables. Animals that are raised eating "the diets they evolved to eat" are healthy animals. We should consume both. If we don't, he says, we deprive ourselves of nutrients and "nutrients" that, while not yet well understood, are crucial for good health and the maintenance of body tissues.

Furthermore, Flork suggests, the processes required to break down plant products such as corn silage seeds and corn into cooking oils — known as refining — are themselves damaging to those foods. So, by eating highly processed vegetable oils, we are not only robbing ourselves of things we need but poisoning ourselves at the same time.

Harris goes so far as to say that the dairy industry, in its quest for profits, has helped create a public health crisis. How? By turning skin milk — a by-product of making butter, ice cream and some cheeses — into a healthy alternative to whole milk. "The promotion of low-fat dairy is such a fucking scam," she says. "They're showing that industrial waste product through our children as a way to dup it."

Harris' end view of skin reflects a belief that the simplest way to get all the nutrition from a food is to eat it as close to its whole state as possible. Whole milk contains fat-soluble

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## THE BENEFICIAL COMPONENTS OF FAT HAVE SOME EXTREMELY IMPORTANT PROPERTIES.

CATHERINE DONNELLY, UNIVERSITY OF VERMONT

vitamins, raw milk has bacteria that feed us lactose and help create healthy gut flora. By contrast, says Harris, skin milk lacks essential nutrients and doesn't satiate the appetite. Then, she says, "When you're 'happy' at the end of the day, they can tell you that part of ice cream, too."

The positions espoused by Harris and Flork may sound a bit shocking, but mounting evidence supports them. In "The Case Against Low-Fat Milk

Is Stronger Than Ever," published in *Time* magazine in April 2014, author Alice Park notes that, in a study of 18,426 women, "those who consumed the most high-fat dairy products lowered their risk of being overweight or obese by 8%."

University of Vermont nutrition and food sciences professor Catherine Donnelly, an expert on artisan cheese and co-chair of The Oxford Companion to Cheese, believes, like

Harris and Flork, that an animal's health impacts the quality of its fat.

Donnelly points out that Swedes, who are some of the longest-lived people in the world, get a large number of their calories from sheep-milk cheese. "The beneficial components of fat have some extremely important properties," she says.

Donnelly also believes that money and influence have skewed the available data. One reason the food industry has vilified fat, she suggests, is to take the spotlight away from the dangers of added sugar. European, Donnelly says, understand that there are links among healthy pastures, healthy animals and healthy humans, and they are doing research to demonstrate as much. "In the States, that's a nonstarter," she says. "The only research that's funded is the type of research that promotes what the [food industry] wants to see."

The proof of the pudding is in the eating, according to proverbs, so how much cheese does Donnelly down? "I love artisan cheese," she says. "Average Americans consume about seven pounds of cheese a year, versus the Greeks, who have the highest level of consumption... I think it's around 30 pounds per year. I think I'm closer to a Greek?"

The growing body of scientific research into pasture-raised animals fits could have deep ramifications in a state renowned for its dairy products, and where sizable for growing grain than for propagating vegetables. If consumers become convinced of the health benefits of butter, cheese and the fatty bits of meat — rather than treating such things as guilty indulgences — the shift could help improve the economics of Vermont agriculture.

And if, indeed, we've been getting this nutrition thing all wrong, correcting the mistakes of many decades could lead to longer, happier, more vibrant lives.

Harris believes the increased fat in her diet yielded benefits as visible as the seasonal shifts in her farm's bones. Not only did she see her own health improve, but she paid it forward to her children. "When I was breastfeeding my kids and I was making milk, it was a total trip for me," she says. "I made a cow, almost a goat a day, it was off the hook. It had a lot of fat in it, it was even kind of golden. I felt like that was a direct result of my good, rich diet." ☺

Contact: paduam@uvm.edu

## eat this week



## Brews on 'Cue

Full Potomac Brewery's new Ruby Hopsprout will make drinkers through seven of Mason Hill's lanes. Single blue key blue and honey & saltwater New, 4 or 5-oz single-hop pale ales brewed with Nelson or Citra. Out-of-state sips include Jack's Abby's Southern-brewed and Frostinghousecat, brewed from Ochoz Brewing and Prime Artisan Ales, and Kulgan styles from St. Bernardus Brewery and Brewmaster the Rascal. Whose try them all? A plate of local ends — those blackened grouse, shelled oysters or brochet — help to wash up the brews.

**A NIGHT OF SPARKSPOOTS DISTRIBUTION (JACQUELINE FARMSTEAD BREWERY)** Thursday January 16 5-7 p.m., at Big Fatty's BBQ in White River Junction. Cost of food included.

**HEALTHY DIGESTION** Go with your gut! Rich Macon shares strategies for maintaining beneficial bacteria Wednesday, January 16, 6-7:45 p.m., at Dorothy Alling Memorial Library, Watford Place.

**FRENCH THURSDAY SOCIAL HOUR** Francophiles fine-tune their French-language conversational skills over cocktails, Thursday, January 16 5-8 p.m., at Elise's Northern Seafood in Burlington. \$4.50 live for Alliance Française members.

**RED HEADS WINE DINNER** French rods complement 11 cuisines of Chef/owner Doug Mick's upscale farm-to-table

cuisine, Saturday, January 21 6:30-9:30 p.m., at Mary's Restaurant at the Inn at Solheim Creek, Bristol. \$65 per person.

**SHILOHURNE WINTERFEST** Sledding, rock climbing, horse-drawn rides and Socky trails end over this annual outdoor winter jobsite, Saturday, January 21, noon-5 p.m., at Shilohurme Farms. By donation.

**SALISAGE MAKING** Hann-cakes roll up their secrets for a hearty-on-winter fun to the building, Woodstock enclosed park, Sunday, January 22, 2 p.m., at AgriStar Farm in Putney. \$20 per person.

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# Hot Stuff

Stoke your inner flame with fire cider

BY HANNAH PALMER EGAN

**F**ire cider: Even the name suggests potent vapors that burn from tongue to tail, with or without setting on fire. Actually, that description is not too far off. The immune-boosting, anti-inflammatory tonic packs heat from raw alliums, ginger, horseradish and chili peppers, and is overlaid with a touch of honey. Herbalists, naturopaths and, often, M.D.s or D.O.s prescribe the drink to calm inflammation and aid in overall digestion, respiratory and cardiovascular function.

In the late 1970s, East Baye herbalist and Sage Mountain Herbal Retreat

Center & Native Plant Preserve founder Rosemary Gladstar developed today's best-known kitchen recipe while working with a group of students at the California School of Herbal Studies.

They based their concoction on a contemporary tonic called Cyclone Cider, but the beverage has ancient roots.

In Bethlehem, Sweet Flag Medicinals Herbal Clinic & Apothecary herbalist

Dr. Justin Garner traces early honey-vinegar medicines to cayenne—an ancient Greek medicine. "[Fire cider] is a newer iteration of a very old medicine," he says, noting that even before Gladstar moved here 30 years ago, Vermonters were taken with the drink.

In 1994, local doctor D.C. Jarvis authored *Folk Medicine: A Vermont Doctor's Guide to Good Health*, in which he prescribed honeyed vinegar for everything from pulmonary issues to rheumatoid arthritis. Since the 1600s, Gladstar and dozens of other practitioners nationwide have popularized the beverage as a common DIY folk remedy.

"The great thing about this formula," Gladstar says, "is that it's kind of crossed that food and medicine barrier. It was a great medicine, but you could also put it on your salads or with brown rice and on all these foods."

Some doctors about fire cider daily to keep cold, flu and other bugs at bay. Others use it when they're feeling run-down at work. In his herbal practice, Garner says he was amazed by the results when he administered the tonic to a client who'd been diagnosed with chronic obstructive pulmonary disease (COPD). "She immediately started getting up, she wasn't stuck in her lungs that had been stuck there," he recalls.

Since fire cider is just a mix of common foods and herbs that most people eat anyway, "You don't have to worry much about interactions or dosing or

## MAKING FIRE CIDER IS EASY

Use unpasteurized raw cider vinegar if you can. Justin Garner gets his from Dwight Miller Orchards in East Dummerston. Buy many local varieties and ciders and use them all. Look for it at your local market or co-op.

"Says Rosemary Gladstar," into about the flavors. It's going to be hot in a different way if you use a lot of horseradish than if you add a lot of garlic. And it's easy to get out of hand with the cayenne. Sometimes I add whole peppers because it looks so pretty when it's brewing."

**INGREDIENTS**  
(ALL APPROXIMATE MEASURES)  
1 head garlic, peeled  
1 large onion  
1 piece fresh horseradish  
3 or so inches long  
1 piece fresh ginger  
2-3 inches long  
1 piece fresh turmeric  
1-2 inches long  
Chili peppers to taste  
1-2 quarts apple cider vinegar  
Raw honey to taste

**PREPARATION**  
Chop all the roots and chili peppers into small pieces and place in a half-gallon jar. Cover with cider vinegar and salt. If the jar has a metal lid, you may want to place waxed or parchment paper over the top of the jar before screwing on the lid—vinegar is somewhat corrosive when constantly salty.

After a month or so, when Gladstar often lets her mixture up to three months, strain the liquid through cheesecloth. Squeeze the roots and sweeten to taste with the honey. "Cherry makes it more soothing for the throat and softens the flavor."



WELLNESS



Fire cider





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**ARRIVAL DATE:** January 4, 2007

**REASON HERE:** Owner's housing didn't allow pets

**SPECIAL CONSIDERATION:** We are best friends and need to go home together

**SUMMARY:** "see cable pefcoches are looking for a new home with a wheel far two" they are gorgeous little mice (check out their lavender colored fur) and will entertain you for hours with their crazy antics. If you are looking for some pinkie pals Raya and Lyla might be the girls for you!

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The Central Vermont Solid Waste Management District (CVSWMD) seeks a part-time route driver and field staff for various programs to include food waste, recyclables, and municipal solid waste hauling. A CDL is desired but not required.

The full job description is posted at [www.cd.org/employment-cvswmd-cdjs](http://www.cd.org/employment-cvswmd-cdjs)

To apply, please email a resume, cover letter, and the names of three references to [CVSWMD@cvswmd.org](mailto:CVSWMD@cvswmd.org) or [CVSWMD@cvswmd.org](mailto:CVSWMD@cvswmd.org). Questions? Call 802-228-5080, ext. 100, or email them to [communications@cvswmd.org](mailto:communications@cvswmd.org)

CVSWMD is an Equal Opportunity Employer

CENTRAL VERMONT SOLID WASTE MANAGEMENT DISTRICT  
219-9382 | [CVSWMD.ORG](http://CVSWMD.ORG)



WakeRobin

Looking for a change? Join our Team!

### Wait Staff

Full & Part-Time Openings

Wake Robin, Vermont's premier continuing care retirement community is adding members to our team of Dining Room Wait Staff. This is a perfect opportunity for students with the time and drive to begin their working experience, or for professionals who wish supplement their current career endeavor.

Experience as a server is preferred but not required. We will train applicants who demonstrate strong customer service skills and a desire to work with an active population of seniors.

Wake Robin offers a flexible schedule to match your goals. If interested, please email [kari@wakerobin.com](mailto:kari@wakerobin.com) or fax your resume with cover letter to 802.(802) 264-5146.

WAKE ROBIN IS AN EQUAL OPPORTUNITY EMPLOYER



### TEMPORARY POVERTY LAW ATTORNEY

Vermont Legal Aid seeks a temporary full-time attorney in our Burlington office. Responsibilities include advocacy in a variety of forums on behalf of low-income and disadvantaged clients. Casework is primarily in the area of housing, family, government benefits, consumer and health law. Applicants must have excellent written and oral communication skills and demonstrated experience in public interest law, civil rights law or legal services. Some in-state travel required. Applicants must be admitted to practice in Vermont or eligible for admission on motion. Position funded through December 2017.

Starting salary is \$46,280 plus O & B, with excellent fringe benefits. Send cover letter, resume, references, and writing sample as a single PDF with the subject line "Temporary Poverty Law Attorney Application 2017" by **JANUARY 30, 2017** to Eric Auldren, Executive Director, c/o Rose Murray ([rose.murray@vtlegalaids.org](mailto:rose.murray@vtlegalaids.org)). Visit our website for complete application instructions.

WE ARE AN EQUAL OPPORTUNITY EMPLOYER COMMITTED TO BUILDING CULTURAL COMPETENCY IN ORDER TO EFFECTIVELY SERVE OUR INCREASINGLY DIVERSE CLIENT COMMUNITY. WE ENCOURAGE APPLICANTS TO SHARE IN THEIR COVER LETTERS HOW THEY CAN FURTHER THIS GOAL.

[www.vtlegalaids.org](http://www.vtlegalaids.org)

### AFFORDABLE DENTURES

DENTAL LABORATORIES

Affordable Dentures Dental Laboratories, the largest and fastest-growing denture services provider in the United States, is currently seeking a skilled **DENTURE PROCESSOR** to work full time in our state of the art lab located in Burlington, VT. We will strongly consider hiring an entry-level candidate who is eager to learn a new trade. As a denture processor, you will be responsible for pouring and trimming denture models. Entry-level candidates with previous experience doing precision work with their hands, good hand eye coordination, and/or an artistic side are preferred. Affordable Dentures provides on the job training, competitive salary, health/benefits coverage, paid vacation, paid holidays, 401(k) with generous match, and more. We offer ample opportunities for advancement in position and salary, as well as career development with our 230 labs in 38 states.

Please forward your resume to [hr@affordabledentures.com](mailto:hr@affordabledentures.com) or apply online at [careers.affordabledentures.com](http://careers.affordabledentures.com).



**NORTHWESTERN  
COUNSELING**  
A SUPPORT SERVICE

**COMMUNITY  
SUPPORT TEAM  
LEADER**

The Team Leader is uniquely positioned in the organization with direct daily employee contact, serving in a liaison between upper management and staff. Manager responds to employee needs, communicates agency goals and objectives and can be most effective in recommending, developing and implementing changes that would improve operations and delivery of services. Team leader will need to work with other agency personnel to meet the needs of children and family of Franklin and Grand Isle Counties. Master's Degree required.

NCSS

127 Parker Road (Rte 1)  
St. Albans, VT 05478  
[nwcsa.org](http://nwcsa.org) | F.O.B.

**Marketing  
Administrative  
Assistant and  
Web Site  
Coordinator**

**FULL-TIME**

Must have computer skills, very detail oriented, excellent written and computer skills, ability to work with Microsoft suite.

Must have customer service skills, enjoy systems and logistics and be collaborative.

Send resume with contact info and opportunity to work in an international environment.

Please submit:

cover letter and resume to:

[jobs@musiccontact.com](mailto:jobs@musiccontact.com)



**MUSIC  
CONTACT  
INTERNATIONAL**



Grand Isle City, Vermont Internet

**SERVICE SUPPORT TECHNICIAN**

Burlington Telecom is looking for two (2) limited service, full-time Service Support Technicians to provide superior assistance and customer service. These positions will be responsible for participating in on and off-trailing customer troubles through internal and external systems and reports. The ideal candidate will have an Associate's Degree in Computer Science, IS, or related field and one year comparable experience as a technical support/customer service representative or four years' comparable experience as a technical support/customer service representative.

For a complete description or to apply online, visit [burlingtonvt.gov/hr/jobs](http://burlingtonvt.gov/hr/jobs) or contact us at **802.865.7145**.

Women, minorities and persons with disabilities are highly encouraged to apply. EOE



**CCS**

Champlain Community Services

**Champlain Community Services is a progressive, intimate, developmental services provider agency with a strong emphasis on self-determination values and individual & family relationships.**

**CASE MANAGEMENT**

CCS is seeking a Service Coordinator with strong clinical and organizational skills to join our dynamic team. The ideal candidate will enjoy working in a fast-paced, team-oriented position and have demonstrated leadership. This is an excellent opportunity to join a distinguished developmental service provider agency during a time of growth. Send your cover letter and application to Elizabeth Segler, [enlight@ccs-vt.org](mailto:enlight@ccs-vt.org)

**COMMUNITY INCLUSION FACILITATORS**

Provide one on one inclusion supports to help individuals lead fulfilling lives, reach their goals and be productive members of their community. We currently have several positions with comprehensive benefit packages. Send your application and cover letter to [staff@ccs-vt.org](mailto:staff@ccs-vt.org).

**SHARED LIVING PROVIDER**

Provide residential supports to an individual in your home or theirs. A generous stipend, paid time off (vacation) and comprehensive training and supports are provided. We are currently hiring for a variety of situations. Contact Jennifer Walcott, [jwalcott@ccs-vt.org](mailto:jwalcott@ccs-vt.org) or 855-8551 ext. 118 for more information.

ccs-vt.org

EOE

**Clinical Nurse Manager-Home Health**

**Are You Ready to Lead?**

VNA clients rely on the incredibly complex care we provide and the need for our programs is growing rapidly.

We're seeking a team-focused manager with formal clinical experience to oversee a highly skilled interdisciplinary team. The successful candidate will be a collaborative leader committed to ensuring the delivery of high-quality home health services. Our managers have the opportunity to lead and mentor field clinicians as well as support staff in a dynamic, supportive environment.

To apply and learn more about the VNA's mission and culture of collaboration, please visit [WWW.VNACARE.org/JOINING-CAREERS](http://WWW.VNACARE.org/JOINING-CAREERS).

Find Your Future at the VNA



**VISITING NURSE ASSOCIATION**  
OF CRITTENDEN AND GRAND ISLE COUNTIES



**Health Information Systems  
Coordinator, SASH® - Full Time**

**ARE YOU:**

*A "self-starter," who seeks out opportunities for collaboration, problem solving and innovation?*

*Knowledgeable about population health, prevention timelines and quality outcomes?*

*Knowledgeable about developing and implementing electronic health information (EHI) initiatives and data management systems for optimal person-centered care coordination?*

*Adept at building and maintaining effective and collaborative relationships?*

*Passionate about trouble-shooting problems and challenges and finding creative, workable solutions?*

If you have experience and/or training in population health and data and are passionate about improving the delivery of health services in Vermont to improve lives, this opportunity may be just what you are looking for!

Cathedral Square, the Statewide Administrator of the SASH® (Support And Services at Home) model, is looking for a Health Information Systems Coordinator to collaborate and oversee the successful implementation of software platforms (including scope of work and requirements for primary data management platforms as well as account management) and HIPAA compliance for the multiple collaborative platforms in which the statewide SASH network participates.

Go to [cathedralsquare.org](http://cathedralsquare.org) and [sashvt.org](http://sashvt.org) websites for more information. Submit cover letter and resume to [jobs@cathedralsquare.org](mailto:jobs@cathedralsquare.org). EOE.

## Direct Service Coordinator

Nonprofit organization serving victims of intimate partner violence. Responsibilities include: serious commitment to hotline coverage, volunteer coordination, and outreach services. Flexible schedule required. Full time position with benefits.

Survivors and people from diverse communities encouraged to apply. EOE Send cover letter and resume by February 10th to:

**CIRCLE**  
(formerly Battered Women's Service and Shelter)  
P.O. Box 452,  
Barre, VT 05641

**CIRCLE**

Survivors and people from diverse communities encouraged to apply. EOE

The Gay Home  
Is looking for!

## Personal Care Attendants

7:00 a.m. – 8 p.m.  
(EVERY OTHER  
SATURDAY & SUNDAY)

7 a.m. – 10 a.m.  
(EVERY SATURDAY & SUNDAY)

6 p.m. – 9 p.m.  
(WEDNESDAYS)

To care for our Q2 Level 3  
Residential Care Residents

We offer competitive  
wages and benefits.

Please apply in person or  
send resume to:  
[dgrowest@thegayhome.com](mailto:dgrowest@thegayhome.com)  
NO PHONE CALLS PLEASE

**The Gay Home**  
149 Main Street  
Montpelier VT

EOE

## HIRING SALES ASSOCIATES

Looking to work for a local business?  
Do you love pets and have great people skills?

Pet Food Warehouse is looking for full-time sales associates to provide superior customer service to people and animals. Candidates must be reliable, hardworking and have the ability to repetitively lift 50 lbs.

Apply in store or online at: [www.pfwvt.com](http://www.pfwvt.com)  
2500 Williston Rd., 5 Burlington  
2485 Shelburne Rd., Shelburne



**PET FOOD  
WAREHOUSE**  
"We Care About Your Pets!"



**CAPSTONE**  
ENERGY EFFICIENCY COACHES

## Energy Efficiency Coach

Capstone Community Action is looking for an Energy Efficiency Coach. This unique job requires a broad understanding of people, energy and buildings. As an ambassador of the low income Weatherization Assistance Program you will help our participants reduce home energy costs through behavioral checks, alternative lighting and appliances, and energy-related building renovations. The full time position requires fluency in a broad range of social and technical skills, including motivational interviewing, health and the indoor environment, building science and residential electric efficiency.

Travel throughout central Vermont is required. Strong communication and organizational skills are essential to your success in this position. You must be able to interact with a diverse group of people and be comfortable working on your own. A valid VT driver's license and reliable vehicle are required.

Please submit a letter of interest and resume to:  
**Capstone Community Action, Inc.**  
Human Resources  
20 Gable Place  
Barre, VT 05641  
or email to: [jobs@capstonevt.org](mailto:jobs@capstonevt.org).

Capstone Community Action, Inc. is an Equal Opportunity Employer and Provider. Applications from women, individuals with disabilities, veterans, and people from diverse cultural backgrounds are encouraged.

 **THE ARBORS  
of SHELburne**  
Benchmark Senior Living Community

The Arbors of Shelburne is a Benchmark Senior Living community focused on caring for individuals with memory related diseases.

**\$1500 SIGN ON BONUS**

**LNAS**  
full time days

We offer competitive wages and benefit packages. Must mention the sign on and accept full time day shift employment to receive the sign on bonus. Please call and ask for Alysha to schedule an interview or stop in to complete an application and on-the-spot interview.

**The Arbors at Shelburne**  
Attn: Alysha Curtis  
687 Harbor Road, Shelburne, VT 05482  
802-985-8600  
[acurtis@beuchmarkquality.com](mailto:acurtis@beuchmarkquality.com)  
A Benchmark Assisted Living Community. EOE



## Property Manager

Established Property Management Firm seeking an individual to manage a portfolio of business investments located in Chittenden County. Property Manager duties include: Attendance at ongoing board meetings, Site visits of properties, Obtaining bids, contract negotiation and oversight of vendors, Management and oversight of building staff, Preparation of budgets and review monthly financial reports, and leasing apartments.

### REQUIREMENTS

Thorough knowledge of Microsoft Office, Superior multi-tasking and organizational skills, Extraordinary customer service skills/understanding, 3 years' experience in property management, real estate, or customer service.

### BENEFITS

What we offer our Property Managers includes benefits package including health insurance, dental/vision/life insurance, and retirement plan, Competitive compensation [commensurate with experience]

Interested individuals should  
send cover letter and resume to:  
[petrick@appletreebay.com](mailto:petrick@appletreebay.com).

## Strategize, Prioritize, & Create!

### Now Hiring: MARKETING MANAGER

Organized, motivated, and experienced are the qualities we are looking for in our new Marketing Manager. Someone who can create an overall marketing strategy and then jump in and make it happen. Must be savvy with digital and traditional media, including website management, and understand how to promote and optimize resources. We are looking for an experienced leader, with 5+ years of relevant experience, who can work both independently and as part of a team.

Visit [shelburnemuseum.org](http://shelburnemuseum.org) for a full job description and to download an application. Completed application, cover letter, and resume may be sent to:  
Horton Resumes  
PO Box 10, Shelburne, VT 05482



## VERMONT JOB FAIR

Wednesday, February 1  
8:00 am - 8:00 pm

At 7 Farrell Street in South Burlington

We have immediate openings for  
**CORRECTIONAL OFFICERS**  
at the Chittenden Regional  
Correctional Facility

If you're interested in a career in criminal justice,  
you'll be interested in:  
• Meeting the hiring managers  
• Q & A about Corrections

CRCF is a 172 bed progressive correctional facility primarily for women. The facility houses pre-trial and sentenced women for all county levels. The staff provides services through an interdisciplinary team approach to meet the needs of the inmates and keep the community safe.

Vermont's Department of Corrections is one of the largest departments in state government and the career opportunities are excellent. Correctional Officers attend a paid 6-week training program at the Vermont Corrections Academy. For more information, visit our website at [corrections.vermont.gov](http://corrections.vermont.gov) or apply on-line at [careers.vermont.gov](http://careers.vermont.gov). Job Posting #R02055 (Correctional Officer) or #R02049 (Temporary Correctional Officer).



Vermont Housing Finance Agency

## Manager of Business Development - HOMEOWNERSHIP



**BEST  
PLACES  
TO  
WORK  
IN VERMONT**  
2006-2014

Vermont Housing Finance Agency (VHFA), located in Burlington VT, has an immediate opening for a Manager of Business Development for its Homeownership programs. Named the "Best Small/Medium Place to Work in Vermont" in 2016, VHFA is looking for an individual who will help us to maintain our great reputation, and who demonstrates a strong work ethic, is creative, puts customers first, and works well both independently and as a team player.

The Manager of Business Development will develop, implement and promote homeownership loan programs and services, working closely with our network of participating lenders, real estate professionals, home building organizations, housing non-profits, consumers, and other state housing partners. This position represents VHFA's Homeownership Division at housing related events and initiatives around the State.

Candidates must have a minimum of a bachelor's degree or equivalent work experience, a minimum of three years' experience in residential mortgage lending, and familiarity with secondary market requirements. Experience in public speaking, and preparation of training and marketing materials, is required. Experience with affordable housing financing is desired. This position requires regular travel throughout Vermont with a valid driver's license and dependable transportation. Highly developed computer skills including Word, Excel, and PowerPoint are also required.

In addition, candidates must demonstrate exceptional customer service skills, and possess excellent written and verbal communication skills. Must be a highly organized self-starter, able to handle multiple tasks, set priorities and meet deadlines, while working with a wide range of individuals, both internal and external to the Agency. VHFA has a strong cohesive team environment and is looking for an individual who desires to contribute and be part of that team.

VHFA offers a competitive salary and an excellent benefits package. Please send cover letter, resume, salary requirements and references to the Human Resources Department at [hr@vhfa.org](mailto:hr@vhfa.org) by Wednesday, February 1, 2017.

VHFA is an equal opportunity employer and is committed to a diverse workplace. We highly encourage women, persons with disabilities, and people from diverse racial, ethnic and cultural backgrounds to apply.

## PSYCHOTHERAPIST

Gymnastics-forced psycho-therapy is currently located in downtown Burlington, neariking City Hall Park. Job an experienced andling established group of independent practitioners. Solid reputation with a variety of mental health issues. Suite of offices with pleasant waiting room. Reasonable rent and expenses available full-time or shared part-time, starting March 1, 2017. Please respond by February 15th.

If interested, please send a letter of interest and resume to:  
Doug Hughes, LICSW, LADC  
Belle House  
156 College Street, Suite 201  
Burlington, VT 05401

## Registered Nurses Hospice & Palliative Care

VNA clients rely on the medical complexity we provide, and the need for our services is growing rapidly.

We're seeking RNs with strong clinical skills to join our dedicated hospice & palliative care team. Ideal candidates will have a passion for the hospice mission of providing person-centered care to individuals and families facing life-limiting illness in their homes and other community settings. Great communication skills and the ability to work both independently and as part of an interdisciplinary team are essential to success in this position.

To apply and learn more about the VNA's mission and culture of collaboration, please visit [www.vnacare.com/careers](http://www.vnacare.com/careers).

Find Your Future at the VNA



VISITING NURSE ASSOCIATION  
OF CHITTENDEN AND GRAND ISLE COUNTIES

## CUSTODIAN

### LONG-TERM SUBSTITUTE POSITION

Full-time, long-term substitute custodial position available within our Chittenden Central Supervisory Union to count for an employee out on a leave of absence. Position is available beginning immediately and is expected to last 4 to 6 months. Location assignment is expected to be at our Thomas Fleming Elementary School located in Essex Junction. Hours are expected to be weekdays from 3:00 PM to 11:00 PM, however this is subject to change. Hours may be flexible during school vacations. Some weekend hours may be required for special events. Position pays \$12.32 per hour, 8 hours per day. Medical insurance available after a waiting period. For consideration, please apply through [schoolsapply.com](http://schoolsapply.com) Job ID 27450168, or stop by to complete an application: Chittenden Central Supervisory Union, 51 Park Street, Essex Jct., VT 05452. EOE



## VPIRG is Hiring!

### TWO POSITIONS AVAILABLE

#### Environmental Advocate:

Looking for an experienced environmental advocate with a track record for policy development, public outreach and campaign strategy. Receive our in-house expert who develops policy solutions, garners media attention and runs State House campaigns, often when you're heavily outnumbered by industry lobbyists.

#### Accounting & Human Resources Administration:

This is a values-driven individual who wants to put their accounting and finance skills to work for the betterment of Vermont. Do this by getting accurate and useful information to senior leadership so they can make informed decisions, while ensuring organizational compliance with applicable laws, standards and best practices.

Positions are based in Montpelier. Learn more and apply online at [vpirg.org/jobs](http://vpirg.org/jobs)

## PAYDATA<sup>TM</sup> WORKFORCE SOLUTIONS

### Client Service Representative

PayData Workforce Solutions is looking for an additional team member to join our Client Service Department as a Payroll Processor/Client Service Representative. If you have a strong work ethic, can work under tight deadlines and enjoy working in a team environment (along with prior Customer Service and Payroll experience), we want to hear from you.

Our Client Service Representatives work closely with our clients to produce accurate payrolls utilizing various import methods including data entry, Excel worksheets, and time clock imports. The ability to perform multiple tasks efficiently and manage ongoing projects is necessary. Attention to detail is a must.

Candidates must have prior payroll experience as well as customer service experience and possess strong communication and organizational skills.

Candidates should also have proven troubleshooting skills and be able to adapt to new and changing technology. Our Client Service Representatives work in a team environment and outside office setting.

Experience handling a large volume of telephone calls, as well as having strong number skills or prior payroll experience is required; working knowledge of the "Evolution" payroll software is desirable. Experience with Windows including Word, Excel, and Outlook is required as well as strong keyboarding skills.

Apply online at

[paydata.payroll.com/paycareersite.com/JobList.aspx](http://paydata.payroll.com/paycareersite.com/JobList.aspx)

## The State of Vermont for the people, the place, the possibilities.

### Vermont Psychiatric Care Hospital



### Psychiatric Clinical Specialty Nurse REGISTERED NURSE II

#### New Compensation Plan Implemented

Vermont Psychiatric Care Hospital (VPCCH), a 25 bed state-of-the-art, progressive facility providing excellent care in a recovery-oriented, safe, respectful environment, has immediate openings for Psychiatric Clinical Specialty Nurses on all shifts. Whether you see a nurse making a career path or looking for a change where you can make a difference in the changing landscape of mental health care, there's a rewarding opportunity at VPCCH. This is an exciting opportunity for experienced nurses. In addition to an excellent benefits package, tuition reimbursement and loan repayment assistance may be available for eligible applicants.

Apply Online at [www.careers.vermont.gov](http://www.careers.vermont.gov)

Registered Nurse II (Psychiatric Clinical Specialty Nurse)  
Job opening ID# 619338

Registered Nurse II (Psychiatric Clinical Specialty Nurse)  
(Temporary) Job opening ID# 620159

For more information, please contact Scott Perry at [scott.perry@vermont.gov](mailto:scott.perry@vermont.gov)

For questions related to your application, please contact the Department of Human Resources, Recruitment Services, at 802-241-0386 (toll-free at 800-251-4949, 07/01/2013). Services. The State of Vermont offers an excellent total compensation package & an Equal Opportunity Employer.





## SENIOR PROGRAMS ASSISTANT

Winooski Senior Center

The City of Winooski seeks a part-time Senior Programs Assistant to assist with the delivery of high-quality programs to seniors, ages 55+, both inside and outside the Winooski Senior Center as well as throughout the community. This will include staffing open hours and evening programs, supporting Winooski Meals on Wheels as needed, and assisting with the development of new programs (such as the Senior Walking Group).

To apply, please visit  
[winooski.vt.org](http://winooski.vt.org).



The more you do for life... the less there is.

## Executive Assistant

Want to help save the planet? THE NATURE CONSERVANCY in Vermont seeks a dynamic professional to serve as its full-time Executive Assistant. This is an exceptional career opportunity for a highly motivated, capable individual interested in joining the world's leading conservation organization.

The successful candidate will provide essential support to the State Director and her team, and will manage the affairs of the Board of Trustees. We seek a self-starter who is comfortable in a fast-paced environment, has excellent communications and writing skills, and enjoys making things happen. We will have considerable latitude and flexibility in carrying out assigned tasks and must be a proven multi-tasker, team player, and effective time manager with discretion, excellent professional judgement, and meticulous focus on detail.

### Basic include:

- High-level administrative support, including calendar and meeting management
- Communications and interface with trustees, public officials, and financial supporters
- Systems and process development and management
- Board meeting planning and management, and committee support

Join our fantastic professional office environment in Montpelier, VT. We offer a competitive salary, professional development opportunities, and great benefits. Bachelor's degree and 3 years related experience or equivalent combination required.

We are an equal opportunity employer and non-traditional candidates are encouraged to apply. For a complete position description and to apply, visit [nvcareers.org/Careers](http://nvcareers.org/Careers).

Application deadline is Midnight EST February 12, 2012.

## NORTHWESTERN COUNSELING

A SUPPORT SERVICES

### CRT TEAM LEADER

The Community Rehabilitation and Treatment Team (CRT) is seeking a strong clinician who is highly organized and energetic. The CRT program serves individuals with serious mental illness. The team leader will work closely with the CRT Program Manager and the CRT Leadership team to provide safe and clinically sound services for individuals enrolled in the program. When work in a supportive role in the Program Manager to ensure responsible administration of the CRT Program will provide high administrative and clinical supervision to direct staff and coordinate with State and Community resources. Strong supervisory experience is essential. Knowledge of Treatment Case Processes is a plus. Master's Degree, Licensed or Licensed eligible and minimum of 2 years relevant experience are required. This clinic is located close to Interstate 87 and is a short commute from Burlington and surrounding areas.

To apply, please send your resume and cover letter to: [careers@nwccare.org](mailto:careers@nwccare.org) or visit our career page at [nwccare.org/careers](http://nwccare.org/careers).

NCSB, 100 Fisher Post Road, St Albans, VT 05478 | [nwccare.org](http://nwccare.org) | EOE.

## CAV DIRECTOR (part-time)

The Composting Association of Vermont seeks a part-time Director. This contracted position has variable hours, 15-30 per week. Most hours occur November through April. Competitive hourly rate, up to six months transition overlapping with existing Director.

Job description, required experience, compensation, and Application Guidelines at [compostingvermont.org/jobs/directors](http://compostingvermont.org/jobs/directors).



North Country SPCA

## EXECUTIVE DIRECTOR

The North Country SPCA operates a no-kill shelter for dogs and cats in a new state-of-the-art facility. Located in Elizabethtown, New York close to the center of its service area, it seeks an executive director.

The stable (501)(c)(3) organization, supported by a committed staff and robust volunteer program, annually shelters about 400 cats and dogs. It has steadily reduced the time a dog or cat stays at the shelter before adoption. The North Country SPCA maintains a SNAP (spay-neuter-incentive-program) initiative. It takes leadership in promoting public policy to stop animal cruelty and it performs educational outreach.

The ideal candidate will have experience in leading a small staff, fund raising, writing, managing fiscal affairs, representing the organization to multiple publics, and working with a committed board of directors. The salary range is \$45,000 to \$55,000 depending upon experience and qualifications.

The Executive Director has the opportunity to lead and represent a successful organization that primarily serves Essex County, New York and makes a contribution to the lives of dogs and cats and their owners.

Applications are due by January 31

For further information contact Nick Muller,  
Chair Search Committee,  
[buddie196@gmail.com](mailto:buddie196@gmail.com) or 518-963-8168



## VENDING ROUTE DRIVERS

Burlington  
and Brandon

We are looking for motivated, responsive individuals. Must be able to work independently, possess a positive attitude, be capable of lifting up to 50 pounds and have a clean driving record. We offer a competitive wage along with benefits.

Apply in person or online at [FarrellVendingServices.com](http://FarrellVendingServices.com)  
405 Pine Street  
Burlington, VT 05401  
[farrellvending.com](http://farrellvending.com)



## MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

### Clinician - Substance Abuse Chittenden Clinic

Provide individual, group and family counseling and health home services to patients dependent on opioids in the context of an outpatient outpatient program. Seeking applicants with experience counseling clients with co-occurring substance (individuality and in a group setting), knowledge of substance abuse treatment approaches and experience preparing high-quality clinical documentation. LADC or AAS preferred. Position is available as well as ability to collaborate with team members and community resources. Early morning shift. This is a full time, benefits-eligible position with a starting annual salary of \$41,000.30. Must be mental health license-eligible or licensed, and those who are already licensed in a mental health discipline will receive an additional \$2,000 in the base pay (paid-for part-time positions).  
**Job ID# 1576**

### Laboratory Technician Chittenden Clinic

This part-time position is for a male lab technician. This position requires knowledge of urine drug screens at our Burlington location in addition to drug testing. Early morning hours apply 7:45-11:15. The person in this position must possess good communication skills, positive attitude and attention to detail. \$15.00 per hour.  
**Job ID# 3628**

### Community Case Manager

Seeking compassionate, hardworking individual to provide case management and recovery-focused community support to adults with mental health challenges and co-occurring substance use challenges. Position includes supervising counseling and service coordination and requires someone who is well organized and dependable. BA in related field and two years' experience working with this population. Supervision toward licensure available. FT benefits eligible. Starting annual salary of \$35,500.00. Come join our team!  
**Job ID# 3664**

### Security Officer - Chittenden Clinic

Provide oversight to patient behavior at one or both Medisouth Howard Centers sites to ensure a safe environment and efficient during procedures. Full time, benefits-eligible position. Dependent hours, Wednesday through Sunday.  
**Job ID# 3676**

For more information, please visit  
[howardcentercareers.org](http://howardcentercareers.org).

Howard Center offers an excellent benefits package including health, dental, and life insurance, as well as generous paid time off for all regular positions scheduled 20-plus hours-per-week.

Applicants needing assistance or an accommodation in completing the online application should feel free to contact Human Resources at 800-6950 or [help@hdcareers.org](mailto:help@hdcareers.org).



Vermont Tent Company  
your trusted event rental partner

## DRIVER/WAREHOUSE WORKERS NEEDED

Vermont Tent Company is now hiring for drivers and warehouse crew members to join our dynamic crew. Full-time or part-time hours available. If you have an eye for detail, the ability to multitask and experience driving straight trucks please contact [dthibault@vermont.com](mailto:dthibault@vermont.com) or stop by our office and ask for Dave Hibens.

14 Barnd Drive, South Burlington, VT 05403



VERMONT  
PBS

### Production Manager

Vermont PBS is seeking a Production Manager to join our production team delivering high-quality video for local content of all kinds working in Vermont PBS's Colchester studio and a wide variety of venues throughout our viewing region. The Production Manager works independently and with all production personnel, producers, outside organizations, and staff in other Vermont PBS departments in a multi-platform video environment.

College degree and experience in television production or equivalent of both is preferred. Please submit demo reel.

### Production Technician/ Media Specialist

To be responsible for field and studio video production support at the station, as well as support broadcast operations and media management. Candidates should be familiar with digital video formats, as well as file and storage logistics. Understanding of digital acquisition and delivery (web and new media) a plus. This position will be responsible for broadcast logs and quality control, studio set-up, remote production, audio and lighting.

College degree preferred as well as two or more years' related experience, or equivalent of education and experience.

For a complete job description please visit  
[vermontpbs.org/careers](http://vermontpbs.org/careers).

To apply submit cover letter and resume by January 23, 2017 for [hr@vermontpbs.org](mailto:hr@vermontpbs.org) or

Vermont PBS  
Attn: HR Dept. 2  
204 Ethan Allen Avenue  
Colchester, VT 05445

AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER



### Sales Manager

position available in Charlotte as a small manufacturer of high tech machines with national and international sales. Applicant must be sales oriented with a high interest in all things mechanical.

Compensation is locally competitive

[hr@logicalmachines.com](mailto:hr@logicalmachines.com)

### Programs Director

South Hero Land Trust is seeking a passionate, creative Programs Director to conserve land and build community in South Hero. Our ideal candidate is independently motivated, highly collaborative, flexible, and organized. Responsibilities include after management, farm viability programs (including but not limited to Farm to School, publication of the "Champlain Islands Grown Guide to Agriculture," and working with the Champlain Islands Farmers Market). The Programs Director will take the lead on community outreach and events, and work closely with the Executive Director on land conservation projects, fundraising, grant writing and more. Candidates for working with people is vital, and experience working with students and in schools is preferred. Office and Adobe suites, database management, photo/video, and website maintenance skills are desired, but motivation to work in a small community, passion for agriculture and the natural environment, and good communication skills are essential. This is a 28 hour a week position.

Open until filled, resumes received by 1/25 receive priority review. Send resumes and cover letter to [shl3766@gmail.com](mailto:shl3766@gmail.com). Please, no phone calls.



## Human Resources Assistant

Status: Full Time (32 hours), hourly Non-Exempt,  
starting wage depending on experience

### Job Summary

To provide administrative and technical human resources assistance to the Human Resources Manager. Co-op managers, employees and applicants. Maintain accurate up-to-date personnel information through established record keeping procedures. Assist with recruitment, hiring, training and employee benefits.

### Qualifications

To perform this job successfully an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

#### General Qualifications

- At least one year of experience in a Human Resources role preferred or a combination of relevant education and experience
- Demonstrated objectivity, neutrality, and ability to maintain high level of confidentiality
- Basic knowledge of State and Federal Employment Law
- Experience working in an office environment
- Proficiency in MS Office applications including Word, Excel and Outlook
- Ability to learn and work with various software programs including but not limited to HR/Payroll systems and applicant tracking systems
- Outstanding communication skills: speaking, writing, and active listening
- Ability to work effectively with employees, applicants, managers and customers while conveying a positive and professional attitude
- Highly detail-oriented and organized, with an ability to work on multiple tasks and meet multiple deadlines
- Ability to project a friendly, upbeat and approachable personality
- Ability to work well with others in a cooperative environment where teamwork and constant communication are essential
- Demonstrated ability to follow through on commitments
- Ability to meet expectations of regular, predictable attendance
- Experience in a union environment preferred

Please submit resume and cover letter to Phoebe MacPhail Townsend, HR Manager, at [phoebe@hungermountain.coop](mailto:phoebe@hungermountain.coop) and complete an application online via the link at [hungermountain.coop/AboutUs/Coopcareers](http://hungermountain.coop/AboutUs/Coopcareers).

HUNGER MOUNTAIN COOP IS AN EQUAL OPPORTUNITY EMPLOYER. WOMEN, MINORITIES, PEOPLE WITH DISABILITIES, VETERANS, AND MEMBERS OF THE LGBTQ+ COMMUNITY ARE ENCOURAGED TO APPLY FOR EMPLOYMENT.

ALL APPLICANTS WILL BE CONSIDERED WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, RELIGION, SEXUAL ORIENTATION, SEX, MARITAL OR PARENTAL STATUS, DISABILITY, GENDER IDENTITY OR EXPRESSION, AGE, VETERAN STATUS OR ANY OTHER STATUS PROTECTED BY APPLICABLE NATIONAL, FEDERAL, STATE OR LOCAL LAW.



CAREER  
CENTER

INSTRUCTOR  
TO TEACH  
LNA COURSES

This is a part-time evening position. Courses are 90 hours in length and include both classroom and clinical components. The successful applicant must hold an unexpired Vermont nursing license (RN or LPN) and have at least 2 years of nursing experience in a health care agency, plus clinical experience relevant to teaching LNA candidates. She will possess strong teaching and assessment skills, plus experience with adult learners. Beginning pay is \$30-\$40 per hour of instruction, depending on nursing and teaching experience.

Please send resume, cover letter, and a copy of valid VT nursing license to:

Ruth Dankece  
Central Vermont Career Center  
153 Ayers St., Barre, VT 05641  
[rdankeccvcc@u61.net](mailto:rdankeccvcc@u61.net)

## Marketing Department

### FULL TIME

The Small Dog Marketing team seeks a lively candidate with 1-2 years of marketing/web experience and a strong knowledge of/interest in Apple products. Responsibilities include: copy writing, design for web and print, retail merchandising, web page management, special offer marketing and sales support. Excellent writing, emailing and communication skills are essential to this position. Web building skills including HTML and a basic understanding of CSS is preferred. This position does require all work to be performed in our home office and is not a remote position.

## IT Department

### JUNIOR SYSTEMS ADMINISTRATOR- FULL TIME

The junior systems administrator works with the Information Technology and Development department to provide support and solutions to our internal employees and assist with deployment and maintenance of our internal technology. Our environment is predominantly run on OS X OS X Server iOS and Google Apps for Business.

- In-depth knowledge of Apple's devices, OS X, iOS apps and solutions
- Networking (ethernet is wireless) experience
- Excellent time management & multitasking skills
- Excellent communication skills, patient, and comfortable with teaching others
- Ability to follow directions & documentation with high attention to detail

This position does require all work to be performed in our home office and is not a remote position.

## Retail Sales Associate

### SOUTH BURLINGTON & PUTTING PART TIME

A fierce commitment to customer service, knowledge of and passion for Apple products, an understanding of the digital lifestyle and keen attention to detail. Strong writing skills are a must as we use email to correspond with customers daily and Saturday availability and a flexible schedule are necessary.

Email resume and cover letter to [jobs@smalldog.com](mailto:jobs@smalldog.com). As we're in the computer industry, we do it all by email (no calls please)! For more details about these positions and to apply go to [smalldog.com/jobs](http://smalldog.com/jobs).



Small Dog  
A SMALL DOG COMPANY

SMALL DOG EMPLOYEES ARE AN EQUAL OPPORTUNITY EMPLOYER.





**BASIN HARBOR CLUB**  
1100 So. Champlain Avenue

*Basin Harbor Club is a seasonal resort on Lake Champlain. Open May to October, we have been welcoming visitors for over 130 years! Owned and operated by the Beach Family since 1986, the resort caters to family vacations, romantic getaways, corporate retreats and is open to the public for golfing and dining.*

## HR Generalist

Seeking experienced, energetic and creative HR Generalist to lead HR department. Human Resources plays a critical role in maintaining Basin Harbor's position as an exceptional hospitality property. Key areas of experience include recruitment, onboarding, administration, training and development and compensation and benefits but recruitment and employee relations are the priority. Will work with department leaders to create a safe and productive work environment, extending guest service. Foster great team spirit and build a winning culture. This is a year round position within Basin Harbor.

Interested? Please apply online at [basinharborcareers.com/jobs/](http://basinharborcareers.com/jobs/) or send cover letter and resume to:

The Beach Family  
Basin Harbor Club  
1100 Basin Harbor Club, Vergennes, VT 05491  
or email to [basinhr@basinharbor.com](mailto:basinhr@basinharbor.com).




**STOW LAND TRUST**  
**STEWARDSHIP**  
**& OUTREACH**  
**ASSISTANT**

[stowlandtrust.org](http://stowlandtrust.org)



**LEAFS & BUDS**  
**PROGRAM DIRECTOR**  
**and TEACHERS**

Bring a Program Director to see our other children's music, and teachers to give us growing children's music.

Call us now!  
[leavesandbuds.com](http://leavesandbuds.com) or call 879-8116.



**VERMONT**  
**YOUTH**  
**CONSERVATION**  
**CORPS**



## MAJOR GIFTS OFFICER

Vermont Youth Conservation Corps is seeking an experienced development professional to join our team. The Major Gifts Officer will directly make a difference in the lives of the young adults we serve by facilitating growth and innovation in our programs. This is an ideal opportunity for an ambitious and mission-driven professional to make a significant contribution to the success of a longstanding Vermont enterprise.

The successful candidate will be energetic, sophisticated, and highly collaborative. Most important, s/he must have a firm belief in the power of young people and the importance of youth development programs.

A complete job description is available at [vyc.org](http://vyc.org).

To apply, please send a resume and cover letter to [breck.knecht@vyc.org](mailto:breck.knecht@vyc.org), Executive Director.



**Vermont Farm Table**

## Design Consultant-Retail

We're looking for a motivated, reliable and organized Design Consultant. Retail to join our growing team in Burlington, VT.

The retail sales position is responsible for providing an outstanding brand experience and customer service for our clients. The position is responsible for daily retail management responsibilities, including retail sales, maintaining a well-stocked floor, cash management and a clean and professional environment in line with Vermont Farm Table brand. This role is vital in creating an outstanding customer experience by providing excellent service backed by deep knowledge of our company story, product line, and sales process.

Requirements include: excellent interpersonal, organizational, and communication skills, proficiency with technology, retail experience, and a positive attitude.

Openings for both **part-time** and **full-time** with benefits. Includes weekends.

**Learn more and apply at:**

[vermontfarmtable.com/jobs@vermontfarmtable.com](http://vermontfarmtable.com/jobs@vermontfarmtable.com)



One Major  
June Mission:  
Many Opportunities

## NOW HIRING Transportation Security Officers at Burlington International Airport (BTV)

No Experience Required

Part-time pay rate starting at \$15.86 per hour

(Includes \$4.00 hourly pay plus \$1.86 overtime pay. The actual pay rate for this position will vary by grade.)

**PLUS**

**Federal benefits • Paid, ongoing training**

TSA offers an attractive benefits package including health, dental, vision, life and long-term care insurance, retirement plan. Paid training for transfer to other TSA locations, including airport security screening. Program includes basic steps and post-training training.

Resumes are Encouraged to Apply

Please apply through **February 10<sup>th</sup>, 2017**

online at: <http://tsajobs.tsa.dhs.gov>  
or text "BTV" to 854466 or call 1.877.872.7990



Department of Homeland Security  
Bureau of Transportation Security

Follow us on Twitter @TSAcareers

© 2017 TSA. All rights reserved.  
TSA is an Equal Opportunity Employer.  
Minority/Disability Recruitment Program.

**2ND AND 3RD SHIFT****PRODUCTION OPENINGS - Willing to Train!**

Harbour Industries, a leading manufacturer of high performance wire and cable, is seeking full time, 2nd and 3rd shift machine operators to work on our team environment. Candidates must be at least 18 years of age, pass a drug test, basic math test, and have a high school diploma or equivalent. Starting wage is \$14.27 per hour plus shift differential of up to \$1.25/hour. Experience? We pay prevailing wage for specific wire and cable skills. We are willing to train!

Harbour Industries offers an excellent, competitive benefits package which includes medical, dental, 401(k) and more.

**Please stop by for an application at:**

Harbour Industries LLC  
4744 Shelburne Rd.  
Shelburne, VT 05482

or you may send us email to [rhed@harbourind.com](mailto:rhed@harbourind.com) 800-

HARBOR INDUSTRIES IS A MARLBOROUGH AND CIGARETTE MANUFACTURING COMPANY



**SOUTH BURLINGTON  
SCHOOL DISTRICT**

**DIRECTOR OF STUDENT ACTIVITIES**

South Burlington Schools are looking for an energetic, experienced Activities Director committed to students possessing strong interpersonal and communication skills as well as the knowledge and experience to lead and direct a comprehensive grade K-12 Activities Department and oversee student activities in grades K-12.

Knowledge and experience in an educational or non-profit environment is required. The position is an Administrative position with a 12 month (261 day) contract.

The successful candidate will demonstrate and/or provide evidence of:

- Ability to direct the Activities Department's day-to-day activities including:
  - developing and deploying a fiscally responsible budget
  - ensuring student safety
  - providing stewardship to school and community facilities
  - planning and supervision of after-school, evening and weekend events and
  - providing direct supervision and evaluating at over 100 coaches and activity advisors and the PHMS Activities Coordinator position, in collaboration with the Middle School Principal
- Ability to serve as part of the school and district administrative teams to meet the needs of all learners through the operation of a comprehensive activities program
- Ability to foster community and potential partnerships to advance a shared vision and purpose.
- Ability to work with a diverse community of students, parents and fellow educators
- Knowledge of best practices in Common Core State Standards, assessment, and data driven action planning

Master's degree and Vermont administrative licensure or ability to obtain licensure is required.

Completed applications received by **February 11** will receive priority consideration.

Candidates should apply by submitting their resume, cover letter and three current letters of reference online at [schoolspring.com](http://schoolspring.com) or submit application materials to:

**South Burlington School District, Human Resources Department  
550 Donnet Street, South Burlington, VT 05405-6206.**

**VERMONT CENTER FOR CRIME VICTIM SERVICES****Sexual Assault  
Program Claims  
Specialist**

Seeking detail-oriented individual with strong victim service, case management, and communication skills for the Center's Sexual Assault Program. Responsible for review, processing, and maintaining records related to payment of sexual assault claims, follow up care, and counseling in accordance with Vermont law and protocols. Position requires accurate data entry and ability to work collaboratively. A combination of relevant education and experience is required.

Part-time position, competitive salary and benefits package. This is not a State of Vermont position. EOE

Email resume and cover letter no later than January 30th, 2017 to:

[HR@VCCVS.VT.GOV](mailto:HR@VCCVS.VT.GOV) or mail to:

ATTN: OFFICE MANAGER

VERMONT CENTER FOR CRIME VICTIM SERVICES

28 SOUTH MAIN ST., SUITE 1  
WATERBURY, VT 05676



**WakeRobin**

**Nurse Manager****Full-Time Evenings**

Wake Robin, Vermont's premier retirement community, seeks a skilled Nurse Manager for our 5-star rated health center. Wake Robin provides high quality nursing care in a fast-paced residential and long term care environment, while maintaining a strong sense of "home."

The Nurse Manager oversees the delivery and coordination of care during the evening shift. This individual manages care plans and related documentation, reinforces best practices, acts as primary liaison with families and other care providers, coordinates staffing resources for the shift, and provides primary nursing care when needed. The successful candidate will be an RN in the State of Vermont, with a minimum of two years of clinical oversight experience in a long term care or related setting. She will demonstrate a solid understanding of geriatric care delivery, and the ability to lead and communicate with others in a positive and supportive manner.

Wake Robin offers an excellent compensation and benefits package and an opportunity to build strong relationships with staff and residents in a dynamic community setting. Interested candidates please email [hr@wakerobin.com](mailto:hr@wakerobin.com) or for your resume with cover letter to [HR\\_0001@wakerobin.com](mailto:HR_0001@wakerobin.com)

WAKE ROBIN IS AN EQUAL OPPORTUNITY EMPLOYER



## SALES ASSOCIATES

Are you enthusiastic about promoting Vermont's locally owned businesses? Are you looking for part-time work that is engaging, meaningful and flexible?

Vermont Businesses for Social Responsibility is hiring two sales associates to sell ad space in the 8th edition of the Buy Local Book and Mobile App. These seasonal, part-time positions offer an hourly wage plus commission. Home office (computer, phone) and reliable transportation required. The ideal candidate is personable, enthusiastic and exhibits the confidence needed to reach out to new prospects. S/he demonstrates the initiative, persistence and organizational skills to set a weekly schedule, track activities and follow up with busy decision-makers until the deal is sealed. Must have strong communication skills, be computer literate, proficient with Excel and online forms. The work begins in March and ends in early June. To apply, please email a cover letter, resume, and three references by Feb. 10, 2017 to [info@vbsri.org](mailto:info@vbsri.org)

### TOWN OF SHELBURNE

## Fiscal Assistant/Bookkeeper

The Town of Shelburne is seeking a *Fiscal Assistant/Bookkeeper* to process payroll, accounts payable & accounts receivable, assist with receivables collection and additional financial tasks under the supervision of the Finance Director. A complete job description is available at [shelburne.org/2017/Human-Resources](http://shelburne.org/2017/Human-Resources). This is a 30 hour per week position with full benefits.

The successful candidate must have a Bachelor's or Associate's Degree with at least 2 years of related work experience, or any equivalent combination of education, training and experience that provides the required knowledge, skills and abilities to perform the essential functions of the job. This is a unique opportunity for a person who is detail-oriented with attention to accuracy and two excellent interpersonal communication skills. The successful candidate must be proficient in business, mathematical and accounting skills and computer applications. Knowledge of municipal accounting a plus.

Send letter of interest and resume to:  
Susan Carls-Czerny, Human Resource Coordinator,  
Town of Shelburne, P.O. Box 16, Shelburne, VT 05482,  
or electronically to [susan@shelburne.org](mailto:susan@shelburne.org).  
Resumes will be accepted until the position is filled.

THE TOWN OF SHELBURNE OFFERS COMPETITIVE PAY AND EXCELLENT BENEFITS AND IS AN EQUAL OPPORTUNITY EMPLOYER.

Bread Loaf Corporation, Vermont's integrated company of architects, planners, and builders, is seeking the following positions:

## Project Manager

Bread Loaf Corporation, Vermont's integrated company of architects, planners, and builders, is seeking a Project Manager. Our Project Managers are key members of our integrated project management teams – providing support through design and taking the lead through construction. Ideal candidates will bring construction knowledge, a technical background, ability to deliver multiple projects, are collaborative team players and have a customer service focus as well.

A Bachelor's Degree in engineering or construction related field and at least ten years of construction management experience are preferred. Experience managing projects ranging from \$5-15 million desired.

## Construction Superintendent

Bread Loaf Corporation, Vermont's integrated company of architects, planners and builders is looking for a Construction Superintendent. The successful candidate will have an advanced understanding of construction best practices for project planning, resource management, quality, safety, schedule and budget. The ability to supervise sub-contractors and delegate support staff on large projects is essential. This position will frequently require travel and possibly overnight stay.

Ideal candidates will have an engineering degree in construction or related field, or equivalent technical training or experience. A minimum of ten years of supervisory experience in commercial, institutional and/or manufacturing facility construction projects ranging from \$5M to \$25M is desired.

Visit our website, [www.breadloaf.com](http://www.breadloaf.com), for more information and to apply online.



## Career Certificate Informational Sessions

Recognizing the high growth future of STEM careers (Science, Technology, Engineering & Mathematics), the VVM College of Engineering and Mathematics (CEM) is offering a Computer Software Certificate Program that can be completed under 2 years.

Participants in the CEM Certificate Program may be eligible for tuition benefits through the Vermont Department of Labor. Please contact personnel@career-resource-center.info for more info.

- Financial Aid Counseling & Support
- Academic Advising, including Certificate Track Placement
- Personalized Professional Development Coaching and Career Building (Networking & Job Placement Support)



**Join us for an informal informational session in 2017!**

DATE	VVM OFFICE	TIME
Monday, January 23, 2017	Winooski Middlebury	11:00AM 2:00PM
Monday, January 30, 2017	Newport	11:00AM
Monday, February 6, 2017	Colchester Springfield	11:00AM 2:00PM
Monday, February 13, 2017	St. Johnsbury	11:00AM
Thursday, February 23, 2017	Brattleboro	11:00AM

For questions, please contact Susan David at [susan.david@vvm.edu](mailto:susan.david@vvm.edu) or (802) 456-4156. You will immediately receive a call from one of VVM's specialized career advisors.



The University of Vermont  
COLLEGE OF ENGINEERING  
& MATHEMATICS


**APS**  
 Aged Placement Services, Inc.

## Dairy Bilingual HR Leader

full-time, competitive, professional salary, commissions

**Duties:** Employee recruiting/training, HR support,  
 English/Spanish oral/written translations for dairies employing Hispanics.

**Requirements:** Bilingual, genuine concern for dairy industry and people, vehicle for  
 extensive travel in VT/NH/ME/further as needed, basic computer proficiency.  
 Email cover letter and resume to [jobs@aged-placement.com](mailto:jobs@aged-placement.com).

## MECHANICS

Green Mountain Transit is seeking to hire career-focused Mechanics. Our mission is rooted in ensuring a safe, stable, and comfortable work environment for employees and providing safe, convenient, accessible, innovative, and sustainable public transportation for the community. We have an exciting opportunity for individuals who would like to be part of an expert team and grow as GMT grows.

GMT Mechanics are responsible for maintaining GMT vehicles and equipment, performing preventative and corrective maintenance on all GMT systems and equipment, and properly maintaining shop facilities and equipment. GMT's team of mechanics maintains a fleet of approximately 100 buses. Experience as a mechanic with his or her own tools and a willingness to learn is required. A CDL is preferable. GMT is willing to train the right candidate for their CDL with proper endorsements. GMT has two positions open.

Compensation is based on experience: hourly rate ranges from \$17.50-\$23.28. Other compensation includes a generous benefits package, \$1050.00 annual tool allowance, and GMT provides uniforms and safety shoes.

GMT Mechanics are members of the Teamsters Local 597.

**BENEFITS:** GMT offers all fulltime employees a competitive salary and exceptional benefits, paid premiums for health, dental, and vision for both the employee and his/her family members, and generous time off.

- GMT offers 100% paid premiums for health, dental, vision and prescription plans
- GMT offers short-term disability: 100% of the premium is paid by GMT
- GMT pays 100% of the premium for a \$50,000 life insurance/accidental death and disability insurance
- GMT offers great time off: Each new employee receives 2 weeks of vacation time, 6 sick days, 11 holidays and 1 personal day.

Candidates must pass background checks, drug screening, and medical evaluation.

To apply for these positions, please download an application from [RideGMT.com](http://RideGMT.com).

Submit the application in one of the following ways (no phone calls please):

Via email to [jobs@ridegmt.com](mailto:jobs@ridegmt.com)

Via fax to (802) 864-5564 or

Via mail to: GMT, 15 Industrial Parkway, Burlington, VT, 05401

Attn: Human Resources

## Sterling College

Working Harder Working Smarter

Sterling College, the leading force in higher education for environmental sustainability, seeks applications for:

### Sustainable Agriculture Faculty

This interdisciplinary faculty position focuses on ecological livestock and grazing systems. Teaching assignments will include some of the following subjects: Livestock & Grazing Systems Management, Animal Science, Whole Farm Planning, Agroecology, and/or other courses consistent with the needs of the program and the core curriculum.

Candidates should hold a master's or terminal degree in a relevant field and/or have a combination of graduate education and extensive experience, and significant teaching experience.

We seek candidates with expertise in multicultural education, diversity, and inclusion, who can support the College in examining power and privilege in the context of the relationship between humans and the natural environment.

Applicants must send the following electronically: cover letter, curriculum vitae, statement of teaching philosophy limited to one page, and contact information for three references. Candidate materials should be addressed to Dr. Carol Deussen, Search Committee Chair, and sent to Ms. Kane Lewis, Assistant to the President at [kane@sterlingcollege.edu](mailto:kane@sterlingcollege.edu)

To view the complete job description and how to apply, please visit [www.sterlingcollege.edu/news/employment](http://www.sterlingcollege.edu/news/employment)

Sterling College is an Equal Opportunity Employer

## Daytime Nurse Wanted



The Residence at Shelburne Bay, a LICB Senior Living Community is a premier Level III hospitality-oriented senior living community is currently accepting applications for a daytime LPN or RN, including every other weekend.

### Be extraordinary. Be LICB.

Competitive wages and benefits including tuition reimbursement, medical, dental & vision for full time employees

Please send resume to Resident Care Director  
 Castle Lambert, RN, MSN/ADM  
[clambert@residenceatshelburnebay.com](mailto:clambert@residenceatshelburnebay.com)

Or call us to learn more (802) 985-1647

185 Pine Haven Shores Road Shelburne, Vermont 05482



CELIA J. MCNEIL

## PRODUCTION

Established specialty food processing company seeking conscientious person to join our production team. Dedication to work, attention to detail, punctuality and ability to work well with others are qualities required. Pay commensurate with experience. Excellent growth potential with company plus vacation and health plan. Please submit cover letter and resume to: [frankp@delawaremill.com](mailto:frankp@delawaremill.com)



## Groundskeeper

We are looking for someone to take on the full responsibility of our grounds, including all lawn maintenance, flower bed planting, mulching, and weeding, daily picking for back and drive, care and maintenance of our equipment, both lawn care and snow removal.

The applicant must have knowledge and experience in all aspects of lawn care, the safe use of power removal equipment, planning, use of snow blowers and be able to deal as needed during snow storms. The applicant must be available for snow removal as the weather demands. Applicant must have valid driver license.

Hours: Monday - Friday  
8 a.m. - 4:30 p.m.

Benefits include - paid holidays, paid vacation time, health/dental insurance, 401(k), short/long disability.

Send resumes to: [tylerp@woolen-mill.com](mailto:tylerp@woolen-mill.com)

The Woolen Mill  
20 West Canal Street  
Winooski, VT 05404



**HOWARD  
CENTER**  
Help is here

## SHARED LIVING PROVIDERS

Seeking a Live-in Shared Living Provider to support a 30-year-old man who enjoys riding, hiking, playing music, helping others and participating in hands-on activities. This individual is seeking a roommate to share a furnished, centrally located home in Essex Junction (near businesses, two buslines, water/dryer, off street parking). The right provider will have strong boundaries, clear communication and the ability to provide ongoing supervision in support of building independent living skills. This would be an ideal opportunity for a peer-aged professional or graduate student. Compensation: \$40,000 two-free annual stipend and generous expense budget. Available January 1. Interested candidates, contact [howard@hccenter.org](mailto:howard@hccenter.org) or call 882-448-6596

Seeking part-time Shared Living Provider(s) for a 13-year-old boy who enjoys theater, art, music, performing, cooking and swimming. Wednesday evenings to Saturday mornings. The ideal provider(s) will have strong boundaries, effective communication skills and be patient and understanding. The right provider will have a demonstrated ability to devote time and attention to providing ongoing, high-quality care and supervision. Compensation: \$25,800 two-free annual stipend plus additional compensation for room and board. Interested candidates, contact [dshawn@howardcenter.org](mailto:dshawn@howardcenter.org) or call 882-448-6592.



**MacMillan**  
A DEW COMPANY

## Project Administrator

We have an immediate opening for a Project Administrator in your area. The successful candidate should possess 1-3 years of general office administration experience, computer proficiency and exceptional customer service skills. Familiarity with the Construction industry, including certified payroll and document control experience preferred.

If you would like to become part of our growing construction company, please fax, email or send your resume to the address below. A full job description is available on our website at [www.dewcorp.com](http://www.dewcorp.com)

We are an EOE. All qualified applications will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, or national origin.

DEW Construction Corp.

277 Blair Park Road, Suite 130, Williston, VT 05495

Attn: Human Resources Department

Email: [careers@dewcorp.com](mailto:careers@dewcorp.com)

Fax: 802-672-0707

We are an EOE.



## MURNANE BUILDING CONTRACTORS

Building on a Tradition of Excellence

## Project Manager

Experienced Project Manager wanted for General Contractor in Plattsburgh office. Applicant should be collaborative, organized and motivational, with strong communication and computer skills. A minimum of 5 years of project management experience in the commercial construction industry, with experience managing complex, large scale projects is required. Absolutely a P.E. or R.E. in Construction Management, Engineering, or related field is preferred.

Comprehensive salary, health insurance, 401(k) Plan  
Please send resume to:

**Murnane Building Contractors**  
PO Box 3045, Plattsburgh, NY, 12901  
e-mail: [pleased@murnanebuilding.com](mailto:pleased@murnanebuilding.com)



## Central Vermont Substance Abuse Services

A non-profit organization in Berlin, VT, providing substance abuse services to central Vermont residents. Services include outpatient, intensive outpatient, intervention, education, prevention, intervention and treatment.

**Substance Abuse Clinician and Clinical Case Managers:** We are seeking to fill several full time Clinician and Clinical Case Manager positions working with adults in a Medication Assisted Treatment (MAT) setting. This position will provide group and individual counseling, assessments, treatment planning, referrals and will help provide a bridge from the MAT program to other treatment service options available in the community. Previous experience working with people in a treatment services, dual diagnosis and/or addiction treatment setting is strongly preferred. A EAPIC is preferred, but not required. Work schedule is 6:00 a.m. to 2:00 p.m. Mon - Fri. Bachelor Degree and work experience in Human Services or related field required. Master Degree preferred. Position offers a competitive salary, generous time off package, retirement match and affordable health insurance.

Equal opportunity Employer

Send your resume to:  
Rachel Yuager, HR Coordinator • [ryuager@centralvtmhs.org](mailto:ryuager@centralvtmhs.org)  
Ciera Martin Cooper • PO Box G • Randolph, VT 05460

Find other open positions at [www.cieramartin.org](http://www.cieramartin.org)



96 Today, 96k Tomorrow

### Accountant/Full Charge Bookkeeper Alpine Shop - South Burlington, VT

The Alpine Shop is looking for an experienced accountant/bookkeeper to manage all financial information for the business. Duties include accounts payable and receivable, business insurance payments, scheduling payroll, regular financial statements, budgets, cash flow analysis and projections, cost saving proposals, bookkeeping, 940's and related book 21 years or working experience, preferably in retail experience using QuickBooks, solid analytical, demonstrated financial acumen, excellent communication and personal skills, strong interpersonal skills, demonstrated attention to detail, calm demeanor & fast pace of movement.

Send resume and cover letter  
to [team@alpineshop.net](mailto:team@alpineshop.net).

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## AGE WELL™

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Age Well promotes independence, dignity, and meaningful choices for seniors by relentlessly pursuing solutions that empower them to have purpose, security, connection to community, and to live well.

Age Well values and commits to employee health, wellness, and work-life balance by providing competitive pay and extensive benefit offerings, including generous paid time off, affordable and comprehensive health insurance (combined with an HRA), dental and vision insurance, gym membership, and more.

## NOW HIRING

### CASE MANAGER

### COMMUNITY HEALTH WORKER (NEW POSITION)

### OPTIONS COUNSELOR

The successful candidates for these positions will have a minimum of a bachelor's degree, and a desire to be an enthusiastic voice for Age Well's mission to educate, empower, and support seniors.

If you're interested in learning more about these positions or Age Well, send a cover letter identifying the position you're pursuing along with your resume to [hr@agewellvt.org](mailto:hr@agewellvt.org), or call 802.662.5234.

AGEWELL IS AN EQUAL OPPORTUNITY EMPLOYER

POST YOUR JOBS AT [SEVENDAYSVT.COM/JOBS](http://SEVENDAYSVT.COM/JOBS) FOR FAST RESULTS,  
OR CONTACT MICHELLE BROWN: [MICHELLE@SEVENDAYSVT.COM](mailto:MICHELLE@SEVENDAYSVT.COM)

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## The State of Vermont

For the people...the place...the possibilities.

### IT BUSINESS ANALYST

#### Department of Human Resources

The State of Vermont is looking for outgoing self-starters to join the Department of Human Resources as Information Technology Business Analysts. This is an exciting opportunity to have an immediate impact on state government systems with statewide reach. The position is central to many long-standing and the Department's human capital management systems, currently a PeopleSoft system (Version 9.31, Learning Management System, Cornerstone SaaS solutions) and on the ground floor implementing a new Talent Acquisition Management System (TAMS). A successful candidate will be an out of the box thinker who can facilitate inter-department project teams, while bringing a strong system configuration and technical process oriented perspective. An understanding of human resources processes, experience with systems configuration environments, and effective change management skills are preferred. **NOTE:** This position is being recruited at two different levels: IT Business Analyst II and III. If you meet qualifications to apply for both levels, you will need to submit an application for both levels for which you wish to be considered. **Reference Job ID #620654 (IT Business Analyst II), #620670 (IT Business Analyst III)** For more information contact Angela Bisselle at [angela.bisselle@vermont.gov](mailto:angela.bisselle@vermont.gov) Location: Montpelier Status: Full time. Application deadline: January 23, 2017

### PUBLIC HEALTH NURSE SUPERVISOR

#### Department of Health

Do you want to be part of a team that is helping to build a culture of health in VT communities? We have an exciting opportunity for a nurse leader to join a dynamic and caring team of public health professionals in the Vermont Department of Health's Bureau Office. Public Health Nurse Supervisors help lead staff as they work to promote health and prevent disease in the populations we serve. Duties include providing clinical direction, performance management of nursing and non-nursing staff, local public health program oversight and implementation, and collaboration with community partners to assess and improve health indicators. Office staff work in a variety of areas including chronic disease prevention, immunizations, maternal and child health, healthy homes, infectious disease, substance abuse prevention, school health and emergency preparedness. The schedule for this position is 7:45 a.m. - 4:30 p.m. and will require some evening meetings and state travel. Duties are performed under the supervision of a Burlington-based regional manager. For more information, contact Jean Marie Mesik at (802) 476-0161 or email [jmesik@vermont.gov](mailto:jmesik@vermont.gov) Reference Job ID #620261 Status: Full time. Location: Bure. Application deadline: January 23, 2017

### HEALTH SERVICES DISTRICT DIRECTOR

#### Department of Health

Do you want to be part of a team that is building a culture of health in VT communities? We have an exciting opportunity for an experienced, motivated leader who wants to guide a dedicated and caring interdisciplinary team of public health professionals in the Rutland district office. District Directors mobilize staff and partners to create healthy communities by assessing needs, capacity building, planning, implementing programs and evaluating outcomes to improve the health and well-being of Vermonters. At the local level, District Directors build relationships and forge connections with key stakeholders, such as health care providers, hospitals, schools, businesses and community

coalitions. Applicants must have proven success in personnel management, supervision, problem solving, communication, facilitation, assessment, planning and evaluation. The successful candidate must demonstrate a solid understanding of public health and health care systems, and have a track record of building effective partnerships with diverse groups of stakeholders. The schedule for this position is 7:45 a.m. - 4:30 p.m. and will require some evening meetings and state travel. Duties are performed under the supervision of a Burlington-based regional manager. For more information, contact Deb Wilcox (802) 662-4173 or email [deb.wilcox@vermont.gov](mailto:deb.wilcox@vermont.gov) Reference Job ID #620168 Status: Full time. Location: Rutland. Application deadline: February 1, 2017.

### HEALTH DEPARTMENT DIVISION ADMINISTRATOR

#### Department of Health

Join the team that brings public health to local communities! The Vermont Department of Health is seeking a Division Administrator to join the Office of Local Health Teams. The Office of Local Health, which comprises the twelve district offices, is the implementation arm of the health department bringing public health programs and initiatives to local communities. Our goal is to improve the health and well-being for Vermonters. Examples of this position's work include oversight of the division's budget, development and implementation of guidelines and procedures that result in effective divisional management, resolution of operational issues in support of district offices, and supervision of central office administrative staff. The ideal candidate will be a proven leader with extensive experience in administrative, fiscal and operational functions, and possess strong analytical skills as well as verbal and written communication skills. We offer a time-limited, Monday through Friday, 7-4:45 a.m. to 4:30 p.m. work schedule. For more information, contact Allison Reagan at [allison.reagan@vermont.gov](mailto:allison.reagan@vermont.gov) Reference Job ID# 620692 Location: Burlington Status: Full time. Application Deadline: February 1, 2017

### BUSINESS ANALYST III

#### Agency of Human Services

We have an exciting and challenging opening for a Business Analyst III in Williston, Vermont. You will have the opportunity to improve the health and human services provided to the citizens of the State of Vermont by ensuring that solutions meet the needs of Vermonters. You will identify areas of business process improvement, create technical and business process documentation, support and inform decision makers, and bridge the gap between business needs and solution implementation requirements. Job Requirements: You must be proficient in using a RAS tools and techniques to manage business analyst activities, elicit, analyze, and manage requirements; evaluate solutions, and contribute to strategic analysis of business processes. You must possess excellent communication, facilitation, and interpersonal skills. You must be competent in technical writing, business modeling, and engineering information. Experience with MS Visio and UML or other formal modeling languages is a plus. Education and Experience: Six (6) years or more of Business Analysts experience at a professional level. Preferred: CCBA/CBA certification. Bachelor's degree or higher in an IT-related subject. For more information, contact Robert John Muddock at (802) 233-3757 or email [robert.muddock@vermont.gov](mailto:robert.muddock@vermont.gov) Reference Job ID #620727 Location: Williston Status: Full time. Limited Service - Yes. 09/30/17 which may be extended. Application deadline: February 05, 2017.

To apply, you must use the online job application at [careers.vermont.gov](http://careers.vermont.gov). For questions related to your application, please contact the Department of Human Resources, Recruitment Services, at 855-828-6700 (toll-free) or 802-253-0191 (Toll-free). The State of Vermont is an equal opportunity employer and offers an excellent total compensation package.

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SEVEN DAYS

# POWDER PASS

## GIVEAWAY



Deadline to enter: **TUESDAY, JANUARY 31, AT 5 PM**  
**[sevendaysvt.com/powderpass](http://sevendaysvt.com/powderpass)**

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[giving it to kids] Ganser says. "You can pretty much take as much as you want."

Gladstar agrees, noting that, while it's strong and "not a remedy for everybody," fire cider is gentle medicine. "[Each component] works by nourishing and supporting [your system]. They're not going to be like a concentrated drug or herb that's single-minded."

For example, ginger works as an anti-inflammatory and aids in digestion. Horseradish — a friend to one's colon — also offers a boost to one's immune system, as *da gins*, onion and turmeric "all of these things have broad-spectrum antibiotic qualities," Gladstar says, explaining that each acts as an internal warmer while stimulating circulation (of blood and other fluids) throughout one's vital organs and systems. "It's great, especially for people who have congestion — slow digestion or lower bowel issues," she says, "where you just want to move things through your body."

While many people accept the drink as a common kitchen remedy, use of the name "Fire Cider" is under litigation. In 2012, a Massachusetts company named Shiro City Herbals trademarked the name and, in 2015, began putting herbals (many of whom had been making and selling it for years) on notice that they would have to remove all references to "fire cider" in their labeling, marketing and branding materials.

For many herbalists, changing the name of a product isn't a big deal — but the trademark issue threatens the open-source way in which many plant-based practitioners do business. "It's caused concern, because there is a lot

of common remedies and recipes that have been shared freely among people," Gladstar says.

"This was the first time that a very popular herbal formula has been usurped by a company that decided to own it."

At Taking Root Herbal Tonic & Apothecary in Middlebury Springs, herbalist Lauren McNellie says

the tonic is really her "best-selling stand-alone product." Looking to grow her company amid surging demand for fire cider, she chose to trademark her formulation as "Figher Cider" to preempt any trouble.

McNellie's customers range from everyday consumers, who use it as a home health aid, to chefs, who buy it in bulk and use it in recipes, according to emergent ideas about "food as medicine."

McNellie says it can be aggravating when customers at markets and trade shows tell her they "are friends with the people who invented" the cider, or that they've "already tried it." But she uses such conversations as a bridge to teach people about the drink's history and variations. "I just say, 'Well, it's kind of like chocolate chip cookies — they're all different,'" McNellie says. ☐

## INFO

Sweet Flag Medicinals Herbal Clinic  
& Apothecary Exeter/Newport 257-9920

Sage Mountain Herbs/Herbal Center  
& Natural Plant Preserver Rod Boney  
476-9825 [sagemountainherbs.com](http://sagemountainherbs.com)

Taking Root Herbal Tonic & Apothecary  
Middlebury Springs 348-9035  
[takingroot.com](http://takingroot.com)

Contact: [hannah@tawnsendgourmet.com](mailto:hannah@tawnsendgourmet.com)

## BONUS: FIRE CIDER CHUTNEY

Adapted suggestion from Rosemary Gladstar

Normally when I make fire cider I wait eight to 10 weeks, and by that point, the herbs are mushy and soft. But I once strained it after four or six weeks, and the herbs were still really nice — too nice to compost. So I put them in the food processor and blended them into a chutney. It was totally awesome. Think of those nice oil gradients in there — they're not in the vinegar for a little while, and they're still crispy. I added nuts and came to another batch. So the cider chutney? It was so good.



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# FIGHT FOR YOUR RIGHTS!

JAN.21 | ACTIVISM

National Public Radio reports that more than 100,000 people are expected to attend the Women's March on Washington one day after the inauguration of the United States' 45th president, Donald Trump. In solidarity with the demonstration on the nation's capital, Vermonters take to the streets for the Women's

March on Montpelier. Beginning at Montpelier High School, folks from all walks of life make strides for reproductive rights, equal pay, family-fair policies, and other issues related to justice and equity for women. The procession leads to the Statehouse lawn, where a rally brings protesters together for speeches, art and music, and to learn about other opportunities to make their voices heard.

a high homicide rate. There, Early released something resembling the reconstruction of a community through local politics. In his 2012 book *Jefferson Town: Big Oil, Big Money and the Remaking of an American City*, the author describes the community organizing that paved the way for Richland citizens to raise the minimum wage, fight foreclosures and take on a local poet. "This timely book offers ideas for making change where it counts the most — among friends, neighbors and fellow community members," writes Vermont Sen. Benno Zandbergen in the volume's forward.

STEVE EARLY

Monday, January 23, 6:30 p.m., at Phoenix Books/Burlington. \$8. Info: 444-3350; phoenixbooks.co

JAN.21 | MUSIC

JAN.23 & 24 | MUSIC

## Music Appreciation

Now in their 30th season, Vermont ensemble Heljord Consort have a clear mission for their season: "We strive to bring light, joy and healing to the lives of our listeners through the musical experience of hearing great live music," they declare on their website. These members of the classical and contemporary quartet spread the love with the woodwind program "Crossing the Bar" (Placid Kato Frank, about Kate Opere and clarinetist Elizabeth Letkovic take to stages in Burlington and Bennington to explore the relationship between a classical and folk music. Selections range from traditional tunes of the British Isles to compositions by Debussy and Gershwin to a setting of the program's namesake Alfred Lord Tennyson's poem "Crossing the Bar").

HELJORD CONSORT

Friday, January 20, 7:30 p.m., at ArtHub in Burlington. \$12. Info: 543-0428; arthubvt.com.  
Saturday, January 21, 3:30 p.m., at Burlington Music. \$40 (\$45 includes dinner package).  
preorder: \$100. Info: 243-4295; burlingtonmusic.net



PHOTO: JAMES LUNDGREN

STYLING: JILL B. CO

HAIR: NADIA

MAKEUP: JENNIFER

## Their Playlists:

500 songs

Ours:

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## VOLUNTEERS NEEDED @ECHO for new Live Butterfly Exhibit

Volunteers will educate guests and ensure a safe flight for our butterfly residents. Join ECHO Team and volunteer for 2 hour shifts Monday-Sunday 10am-12pm, 12pm-2pm or 2pm-4pm.

Exhibit runs February 11th through Labor Day



Sign up & find out more at [echovt.org/volunteer](http://echovt.org/volunteer)

## calendar

WED FEB 15

### givers

**RENEE KILL** Strategic planners have fun with live garden and games. Burlington Bridge Club, 10:00 a.m. to 1:30 p.m. \$8. Info: 375-5732.

### health & fitness

**ARUNYEN KID** Hopedon Orange founder Julie MacAuliffe's Mountain Escape escape into the town of Arunyen, a traditional Himalayan of meditative, Buddhist and yoga. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: [arunyen@arunyen.org](mailto:arunyen@arunyen.org).

**EPIC MINDFULNESS MEDITATION** Guided positive analysis meditation with themes like cutlets with wine. Rensselaer Agency, Burlington, 3:30 p.m. to 5:00 p.m. \$14. Info: 260-1030.

**EVERY MINDFULNESS EVERYONE TAI CHI** Beginners and longtime practitioners alike breathe, balance, posture and connect through the Chinese martial art. Mountain Lakeside Church, South Burlington, 5:00 a.m. to 6:00 a.m. Info: 894-8946.

**FEEL BETTER LIVING BUSINESS MEDITATION** Flourishing practice calls the heart and mind and promotes positive energy. Rensselaer Agency, Rensselaer, 10:00 a.m. to 12:00 p.m. Free. Info: 253-6785.

**FUELING YOUR BRAIN/HEALTH & WELLNESS** Recipes for vibrant and vital support from health and wellness. 1st Community Food, Burlington, 5:00 p.m. to 6:30 p.m. \$10-15. Info: 260-1030.

**GENTLE TAI CHI** Mastering Tai Chi Lianchi guided students in a unique of health with awareness, concentration and alignment. Chen's Center, Burlington, 10:00 a.m. to 12:00 p.m. Info: 894-8946.

**GUEST FITNESS BOOT CAMP** Students get jumpstart with interval style workout that builds muscle strength, cardiovascular fitness, and a great sense of accomplishment. Middlebury Fitness, 5:00 a.m. to 6:00 a.m. Info: 243-7810.

**HEALTHY ENTREPRENEUR** Be with your gut. Rich Rensselaer shows strategies for running profitable business. Center for Living, Rensselaer, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**HIGHLY MEDITATION** Meditation with students and guests. Mountain Lakeside Church, South Burlington, 5:00 p.m. to 6:00 p.m. Info: 894-8946.

**LOW IMPACT YOGA/HEALTH & WELLNESS** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**LUNAR YOGA/HEALTH & WELLNESS** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**MAINTAIN YOUR HEALTH** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**RECOVER COMMUNITY TOGETHER** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**TAI CHI FOR ALL** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**WELLNESS/HEALTH & WELLNESS** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

**WELLNESS/HEALTH & WELLNESS** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

### kids

**CHILDREN'S PUNISHMENT** A screening of the film "The Punishment" at the Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**DISCOVERY LOST DISCOVERY GARDEN** Discover the world of the garden. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**LITTLE ONE & HE-CIRCLE TIME** Storytime and music for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**PALMER STORY TIME** Storytime and music for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**READ TO A BOOK** Storytime and music for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**READING AUDIENCE** Little ones meet with authors. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**RECREATION TIME** Recreational activities for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**STORY TIME & PLAYGROUND** Storytime and music for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**STORY TIME & PLAYGROUND** Storytime and music for little ones. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**TUTORING** High school students offer extra help in math and other subjects. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**YOGA FOR KIDS** Yoga for kids. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

### language

**BEGINNER ENGLISH LANGUAGE CLASSES** Students learn English. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**GERMAN CONVERSATION GROUP** Community members practice German. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**INTERMEDIATE LEVEL SPANISH CLASSES** Students learn Spanish. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**INTERMEDIATE/ADVANCED ENGLISH LANGUAGE CLASSES** Students learn English. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

### music

**SONG CIRCLE** Singers and musicians sing together. Rensselaer Agency, 10:00 a.m. to 12:00 p.m. Free. Info: 894-8946.

**WELLNESS/HEALTH & WELLNESS** Students experience health and wellness. Yoga Studio, 10:00 a.m. to 12:00 p.m. \$10-15. Info: 260-1030.

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# Eileen Togher

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## calendar

THU 11/15

**YVM MEDICAL CENTER HYPNOSIS MARKET** Locally sourced jewelry, aromatherapy, healing items, books and more to support hypnotherapists and all who call the spirit to aid their health. **Event Center**, University of Vermont Medical Center, Burlington, 2:30-5 p.m. Free. Info: 848-5213

**WOODSTOCK FARMERS MARKET** Sat 11/16

**SPINNY CITY CATHEDRAL/UNITY GREEN CLIMB** Chesterton Springs climbing route calculated moves as they rise for their appointed large. **Unity United Methodist Church**, South Burlington, 7 p.m. Free. Info: 364-1943

**POKEMON LEAGUE** Choose your Pokemon! Prizes of the winning card game are ready and weekly prizes in a fun family environment are awarded for the catchiest Pokemon. **Project Magic Burlington**, 5-6 p.m. Free. Info: 540-0946

### Health & fitness

**COMMUNITY HUNGARARIANS** A 70-minute guided practice with Buddhist/Christian affirmations, breath and meditation. **First into education** follows. **Woodstock Senior Center**, 10-11:30 a.m. Free. Info: 250-1961

**COMMUNITY SPINNING LIGHT CAMP** Intermittent weight participants in light weight, gently and more and more. **Woodstock Senior Center**, 10-11:30 a.m. Free. Info: 250-1961

**ARTEMIS FITNESS** Artemis Fitness is a 30-day jump start program. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**INTRODUCTION TO GUNGARU TIGER** Hurdle Kung Fu (Kung Fu) is the art of the fighting spirit of the tiger. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**WINDMILLER MEDITATION** Meditation is the art of the mind. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**TAKE THE HIGHEST OF YOUR SHOULDERS** **ARTEMIS FITNESS** Results from this series include improved movement, greater range of motion and increased flexibility. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**YOGA** is the art of the mind. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**YOGA** is the art of the mind. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

### Arts

**BAIT & ROBBED PLAYGROUP** Parents and children will be up to 300 p.m. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**LIBRO CLUB** Highly skilled and talented actors will be up to 300 p.m. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**WICK OF TIME** An emotional and heart-breaking story. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**PROCESSION MUSIC** A 70-minute guided practice with Buddhist/Christian affirmations, breath and meditation. **Woodstock Senior Center**, 10-11:30 a.m. Free. Info: 250-1961

**READY TO RISE** Building confidence and a healthy therapy day. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**TRICKY TRICKS** Explains ages 3 through 5 and their adult companions from the coming of the first trick. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

**WINDMILLER MEDITATION** Meditation is the art of the mind. **Artemis Fitness**, 4-7 p.m. \$10. Info: 488-5020

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## acrobats

**ACROBATICITY** The long-term and dynamic world-winning produce artists a head during a delicious and fun, understanding is in the Long Run, A Musical Odyssey: Stage Free (Lilburn) 3 p.m. Free. Info: 353-4141.

**ORAL STORYTELLING WORKSHOP** Intermediate age Burlington Area Workshop members in a "Story" style exploration of telling tales for audiences. 10 Main St., Suite 302, Burlington. 8:30 p.m. Free. Registration at [mtwp.com](http://mtwp.com) limited spots. Info: 353-4141.

**POETRY CRAFT WORKSHOP SERIES** Intermediate and above, free, one or two-hour free craft inspired verse and three-part Burlington Writers Workshop class. 10 Main St., Suite 302, Burlington. 8:30 p.m. Free. Joining at [mtwp.com](http://mtwp.com) limited spots. Info: 353-4141.

## FRI.10

### agriculture

**VENHART BUILDING & LIVESTOCK CONFERENCE** The United New Rules & More: Age of Farming Shaping the Next 40 Years' global two days of applied presentation, workshop discussions, a local show and more. Lake Mary Resort, Florida. Pre-arrival info: [storyfarmhouse.com](http://storyfarmhouse.com)

### business

**LOCAL CONVERSATION FOR NEW BUSINESS OWNERS** Local owners explore a range of issues such as entity formation, contract law and financial and operations. Center for Women & Enterprise, Burlington. 5:30-6 p.m. Free. Registration info: 351-4372.

**STEPS TO STARTING A BUSINESS** Entrepreneurs pick up a free getting new initiatives off the ground. Center for Women & Enterprise, Burlington. 5:30-6 p.m. Free. Registration info: 351-4372.

### comedy

**BOB HARLEY: How Comedy's King of England's "King of Comedy" delivering laughs. Paramount Theatre, Burlington. 8 p.m. \$25-35. Info: 755-0033.**

### community

**PLANT TOGETHER** PLANT TO GO: Grow colorful and fun plants! Get up and go a shared seed! Montpelier Senior Activity Center. 100 Main St. 10-11 p.m. Info: 855-8555.

### dance

**BALLROOM & LAY IN MOVING** Learn new moves and challenges begin, then you can be a dance social featuring live music, lamps and more. Douglas, England and long-term on-site. 888-888-8888. Free. 100 Main St. 7-9 p.m. Info: 855-8555.

**ENGLISH COUNTRY DANCE** Join the local and South Eastern Society provide the fun for the members and experienced dancers at a social dance. Free. 100 Main St. 7-9 p.m. Info: 855-8555.

### fitness

**ELECTRIC JAZZ VENHART HITS WORKOUT** ALL-STAR: The first and only fitness class through a Society. Variety celebration of daily life featuring poetry, dance and hip-hop. Crystal Ballroom, 100 Main St. 7-9 p.m. 130 for electric class. For joining and hip-hop info: [electricjazz.com](http://electricjazz.com)

**INDIE ADULTS VOLLEYBALL/PAVE/CLIFF** JOE ZIMMER HIGHLIGHTS subscribers to an art, to art and music at a fun and gathering. Three Atlantic City 4-6 p.m. \$2. 100 Main St. Info: 353-4141.

**WOMEN & GIRLS VOLLEYBALL CIRCLE** 100 Main St. 10-11 p.m. Info: 353-4141.

### films & festivals

**VENHART BUILDING & LIVESTOCK CONFERENCE** The United New Rules & More: Age of Farming Shaping the Next 40 Years' global two days of applied presentation, workshop discussions, a local show and more. Lake Mary Resort, Florida. Pre-arrival info: [storyfarmhouse.com](http://storyfarmhouse.com)

### film

**THE WAMP** A special post-screening screening of Red Sox 100 anniversary program for the first. 100 Main St. 10-11 p.m. Info: 353-4141.

### food & drink

**WELCOME HOME FISH CATCHING** 100 Main St. 10-11 p.m. Info: 353-4141.

**WOBBLING FISH MARKET** 100 Main St. 10-11 p.m. Info: 353-4141.

### games

**WOBBLING FISH MARKET** 100 Main St. 10-11 p.m. Info: 353-4141.

### health & fitness

**WOBBLING FISH MARKET** 100 Main St. 10-11 p.m. Info: 353-4141.

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Classes • Vending • Live Music • 4 Uniquely Different Showcases

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**VTBurlesqueFest.com**

**Thursday, January 19  
ArtsRiot  
Burlington**

**Friday, January 20  
Barre Opera House  
Barre City**

**Saturday, January 21  
Hilton Burlington  
Ballrooms**



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BURLESQUE

SEVEN DAYS

This is a 21+ Event. Proper ID required upon entry of all visitors. Tickets are non-refundable, all sales are final. Proceeds benefit Cancer Research, Health and Wellness, and the Local Burlesque Community.



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All classes included with membership and no initiation fees!

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## calendar

MON, 23 APRIL

### games

**BORIS CLUB** See MON 7 p.m.

**WING: THE KATYDANCE** — **WING OF HONEY**  
WING: The Katydance is a new musical comedy where competition battles the planet and reality game. Ring Music, Burlington 6:30-8:30 p.m. \$8. Info: 648-0288

### health & fitness

**ALA INTERGEN** See MON 10 p.m.

**RECOVERY COMMUNITY YOGA** See WED 10

**ZUMBA** See MON 10

### kids

**BABY LAP YOGA** Babies ages 18 months and up, come, relax, sound and movement through stories, songs, sensory activities. Ashwood Farm Library 10:30-11 a.m. Ages: 18M-45M-60M.

**COMMON BOOKS, GIRL POWERED** — Book reading across levels of 1st to 4th grade currently on display in the library's Young Adult section. There will be a reading session at the library. Burlington 3:30-5:30 p.m. Free. Info: 648-1840

**DRAFT FOR KIDS** Kids 5-12 and up explore their creative minds with unique projects. Burlington Memorial Library 4:00-5:30 p.m. Free. Info: 648-5663

**KIDS' NARRATIVE DANCE CLASSES** Adventure, new youngsters ages 12-18 learn to dance, climb and acrobatics in a high flying class. It's a 12-week session. North End Studio 8 Burlington 3:15-4:15 p.m. \$5. Info: 648-4610

**PRESCHOOL MUSIC** See THU 10 a.m.

**TEEN NIGHT, STORY TIME** Catching movies, news, past the story for adults and children for youngsters ages 12-18. 10 p.m. Burlington Memorial Library 10:30-11 p.m. Free. Info: 648-1840

**UPPERMOUTH CHURCH** Anglican worship in an interdenominational setting. Episcopal, Protestant, Unitarian Universalist, 10:30-11:15 a.m. Free. Info: 648-1840

**TEAM WRESTLING** — Wrestling with goal. Annual wrestling tournament. Burlington Memorial Library 10:30-11:15 a.m. Free. Info: 648-1840

**STORIES AFTERNOON** — (12-18 years) Children's stories for kids. Burlington 3:30-4:30 p.m. Free. Info: 648-1840

**YOUTH & YOUNG ADULTS' DANCE CLASSES** — Adventure, new youngsters ages 12-18 learn to dance, climb and acrobatics in a high flying class. It's a 12-week session. North End Studio 8 Burlington 3:15-4:15 p.m. \$5. Info: 648-4610

**VIET HOANG HOANG** — A little girl is the first Asian American student to graduate from the school. Burlington 10:30-11:15 a.m. Free. Info: 648-1840

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Tuesday, April 24 (Burlington, 7 p.m. Free. Info: 648-1840)

**HARVARD COMMUNITY KIDZ** — A new musical comedy where competition battles the planet and reality game. Ring Music, Burlington 6:30-8:30 p.m. \$8. Info: 648-0288

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and playing with fellow local instrumentalists. Higgs, Kurlander, Moore, Spivey, and other local musicians.

#### community

**BYE ON TOP: A CONCRETE GUIDE TO HONOR** 12 artists from Cedar Rapids will bring all sorts of objects to make money. For more info, call Logan St. at 507-250-3000 or visit [www.byeon.com](http://www.byeon.com).

#### community

**FEAST TOGETHER ON PLASTIC TO GO** See 18-19. **PLASTIC VOLUNTEERS** Helping people clean up the trash by recycling plastic, saving jobs, and saving the planet. Children under 12 must be accompanied by an adult. New People's Market, Burlington. 5-6 p.m. Free info, 254-9007.

#### crafts

**OPEN CRAFT NIGHT** Creative space for the whole family to make and share. All ages and abilities welcome. Free. Burlington. 5-8 p.m. Free info, 254-9007.

#### dance

**BACHING WEST CRAFT TRIPS & TRAVEL** **BACHING** People get inspired at the Bachman Hotel in Portland, Maine. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com). **WINTERCRAFT & ADVANCED WEST CRAFT** **WINTER** Free evening class for women in the area. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

**WINTERCRAFT** Quick and easy participation experience for all ages, including the Burlington, Vermont, and Burlington, Vermont, and Burlington, Vermont. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

#### education

**BY CRAFTS SECTION PROGRAMS FOR ADULTS & EXPERIENCED LEARNERS** These classes are for adults who have completed the first two classes. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

#### etc.

**SEASIDE PARKING DISCOUNT GROUP** Offered to members of the Seaside Parking Discount Group. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

#### film

**ALL OF ME** Free film series at the Burlington, Vermont, and Burlington, Vermont, and Burlington, Vermont. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

**KNIGHTS OF THE MYSTIC HEAVEN CLUB** Events for the members of the Knights of the Mystic Heaven Club. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

**WITNESS & 7** Free film series at the Burlington, Vermont, and Burlington, Vermont, and Burlington, Vermont. For more info, call 254-9007 or visit [www.baching.com](http://www.baching.com).

#### food & drink

**WOODSTOCK FARMERS MARKET** See 18-19.

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#### health & fitness

**BRAND-NEW FIRST CAMP** See 18-19. **BRAND-NEW FIRST CAMP** See 18-19. **BRAND-NEW FIRST CAMP** See 18-19. **BRAND-NEW FIRST CAMP** See 18-19.

**CLUB THE SUMMITMOUNTAIN WITH KIMBERLY GALT & MONTGOMERY** See 18-19.

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**SPICE ON SNOW**  
ROCKY MOUNTAIN MUSIC FESTIVAL  
JANUARY 26-29  
MONTPELIER



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# calendar

TUE, JAN 4, 2011

**READ TO GROW** Test your stories with words, phrases, County Aging Memorial Library, Winooski, 3:30-4:30 p.m. Free. Registration: info 878-4188

**READ TO GROW: Building Foundations** Join a friendly covein for reading and writing. Memorial Library, Winooski, 3:30-4 p.m. Free. Info: 878-4188

**SPANISH MUSICAL BIBLE** Songs, ages 1 through 8. Inverness Library, Winooski, 4-5 p.m. Free. Info: 878-4188

**STORY TIME FOR FAMILIES & TODDLERS** Picture books, songs, rhymes and projects about the season of winter and New England. Memorial Library, Winooski, 10-11:30 a.m. Free. Info: 878-4188

**STORY TIME FOR PRESCHOOLERS** Picture books, songs, rhymes and crafts about the season of winter. Memorial Library, Winooski, 10-11:30 a.m. Free. Info: 878-4188

**STORY TIME WITH A TWIST** See 878-4188. Free. Info: 878-4188

**TODDLER STORY TIME** Good stories up to 3 years old. Free. Info: 878-4188

**WINTER STORY TIME** Picture books and simple projects for winter. Free. Info: 878-4188

**WINTER STORY TIME** Picture books and simple projects for winter. Free. Info: 878-4188

**LANGUAGE** See 878-4188

**LA CAUSA DEL FRENCH-CONVERSATIONS** French speakers are welcome. Free. Info: 878-4188

**PAUSE-A-PUNCH CONVERSATION** French language. Free. Info: 878-4188

**PAUSE-A-PUNCH CONVERSATION** French language. Free. Info: 878-4188

**OPEN JAM SESSION** Musicians follow the flow. Free. Info: 878-4188

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**SPRING NIGHT RECEPTION FOR TRUCK OR TRACT** See 878-4188

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PRESENTS

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# Marco Benevento



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DOORS: 8:00 PM  
SHOW: 8:30 PM  
HIGHER GROUND  
BALLROOM

WIN  
TIX!

Go to [sevendaysvt.com/hotticket](http://sevendaysvt.com/hotticket) to enter  
or come by Northern Lights (75 Main Street, Burlington)  
Deadline: Wednesday, 2/2, at noon. Winners selected by 5 p.m.

PHOTOGRAPH BY: JEFFREY M. HARRIS

## films

**MOVIE.** Search no president at a showing of a poster from Co. 1 for details. Directed by Arif Habibullah. 11/19/10. 11/19/10. 5 p.m. Free info: 330-4704

**THE INCLUSION OF THE AMERICAN** is a 2010 documentary featuring the public relations aspect of Israeli occupying military occupation of Palestine/Israel. Co-presented by Arts Center 54, Jerusalem 7 p.m. Free info: 768-4002

**THOUGHTS OF THE LION** is a 2010 documentary about the Israeli occupation of the West Bank. Directed by David Ben-Zur. 11/19/10. 7 p.m. Free info: 330-4704

## food &amp; drink

**THE ART & SCIENCE OF WHISKY.** Hosted by Guinness. This presentation is a unique combination of whisky and science. 11/19/10. 7 p.m. Free info: 330-4704

**CALIFORNIA LIVE.** 11/19/10. 7 p.m. Free info: 330-4704

**COMMUNITY SUPPER.** 11/19/10. 7 p.m. Free info: 330-4704

**WINTER FARMERS MARKET.** 11/19/10. 7 p.m. Free info: 330-4704

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## health &amp; fitness

**SPRING/2010 HOLIDAY.** 11/19/10. 7 p.m. Free info: 330-4704

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**SPRING/2010 HOLIDAY.** 11/19/10. 7 p.m. Free info: 330-4704

## story time with a twist

**STORY TIME WITH A TWIST.** 11/19/10. 7 p.m. Free info: 330-4704

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**STORY TIME WITH A TWIST.** 11/19/10. 7 p.m. Free info: 330-4704

Studio 100. 11/19/10. 7 p.m. Free info: 330-4704

## sports

**WINTER PICKUP BASKETBALL.** 11/19/10. 7 p.m. Free info: 330-4704

## raffles

**RAFFLES.** 11/19/10. 7 p.m. Free info: 330-4704

**RAFFLES.** 11/19/10. 7 p.m. Free info: 330-4704

## tech

**TECH MEET-UP.** 11/19/10. 7 p.m. Free info: 330-4704

## theater

**THEATER.** 11/19/10. 7 p.m. Free info: 330-4704

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# UNVEIL YOUR WEDDING EXPO 2017

**Sunday, January 29**

**Noon -3pm**

**UVM Dudley H. Davis Center  
590 Main Street, Burlington**

*Presented by* **AFTER MIDNIGHT  
JEWELERS**

- Brides & Grooms eligible to WIN Thousands in Cash & Prizes!!
- Food & Cake Samples
- Photobooths
- Hair & Make-Up Demonstrations
- Free Parking

**Tickets:**  
**\$5 donation**  
**at the door to...**

**STEPS  
TO END  
DOMESTIC  
VIOLENCE**

*Or pre-register by January 22nd at*  
**[www.UnveilYourWedding.net](http://www.UnveilYourWedding.net)**  
*to get FREE admission!*







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Our introductory workshops  
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and get, getting is real important  
get into it first for you? Day's a  
mornings - you wouldn't be who  
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May 28th October 2000 - 23 PM  
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Olefin/Olefin. 2001 2001, India  
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armament arms combat. Although not only to leverage the technique. American parents will defend, particularly in the U.S. Navy SEALs, CIA, FBI military police and special forces. No training experience might. Entry to learn techniques that could give you (W) contact for their women and children. Australia will learn continue

**Publication:** May 2004

ment and questions being brought to the "writing" will deeply influence your relationship and how it is in this workshop. Full of hands-on experiential material. Led by Sue Matthews, teacher and author (West, Feb. 9 15A-4PM) [Mar. 3 seminar] 7-9 p.m. C. 5800 Spruce, Louisville, Ky. 40205. Center for the Spirituality of Life 55 Oliver Ln., Watrous, Neb.

## sports

**CHILDREN & YOUTH SERVICES**  
I never love and live I've gone with  
and with Vermont Child Welfare  
January 2002 with Vermont Child Welfare  
and with Vermont Child Welfare  
through eight years.  
Supplement your social work  
takes make curriculum to our  
part specific age-related needs  
and development of your child  
whatsoever level we have  
the social programs for your  
child. Weekly assessment for  
schedule. Cost: \$100/week.  
Note: Location: Multiple locations  
throughout Vermont. Contact:  
Multiple Info: Multiple Info.  
Social Worker, 1000 Main St.  
Rm. 200, VT 05401.

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 A Yang Shuo Shuo is a dynamic chi method that builds the spine while strengthening the supporting muscles. Practicing the ancient one-haiken increases strength, flexibility and life force of mind and material. A Beginner classes are offered. A third evening Call book is given. Location: 1010 1st St., Fort Collins, CO 98501. Tel: 360-462-0000. 1000 Chaco St., Burlington, Idaho 83402. Info: 409-242-2222. info@tailchi.com

## WORKING

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**SENSE** if you're living with long-lasting (chronic) health conditions, like diabetes and/or, cancer or heart disease, you don't always know ways to live healthier. So let's meet and learn your goals of related to prevent illness, all in a relaxed, supportive atmosphere. It includes a series of individual, family members and caregiver. The Tues., starts Feb. 16, 2:30 p.m. 2 classes, alternates with the Diabetes Community Health Center of Washington, D.C. (202) 462-1100, [www.mhmc.org](http://www.mhmc.org)

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outing practices holding our communities, national and place to place setting. Learn to take care of feelings, instead of stuffing them. Orders to pay kindly/seriously, understand in their own right. Travel and take away your food being kind to your body and be more grateful. For... Jan 28 Feb 28 8 AM 7 PM in Court. Different steps, taking care, most can be needed. Location: 4000 Davis Highway, Suite 100, St. Augustine, FL 32084-4400. [abraham@usa.net](mailto:abraham@usa.net), [www.abraham.com](http://www.abraham.com), [www.abraham.com](http://www.abraham.com)

## NOTES

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100%

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**Supervised Physical** group is

**MEDHET TONGA**, Hawaii's largest ethnic arts festival, offers productions for all ages.

just expanded software into pre- and post-school hours. The Children's Center provides in-home and after-school care for children in the city. Its main problem is "to get and direct all of the 3,000 children and up to 100,000 parents" to the center. It introduces its undersupplied services by word of mouth for the most part, but is limited access to all students. It has daily breakfast and afternoon dinner for all children in the district, and just last year, it was holding a track for training at the 200 and 300-hour level as well as children's professional track training courses. Daily classes in workshops, 500-hour student classes, and other

50% was the subject of parody  
or 50/50 champagne brand

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Journal of Internal Medicine 247: 395–401

**REUNITE YOUR AUNT DANCE.**  
Join the Subscribers

**3-8** **Styrene** and **acrylonitrile**:  
Monomers used in copolymerization.

**Repeating Program:** Months of Life Workshop with Goldfish Saturday, January 26, 4-6:30pm. January 26, 10 classes and the

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**THESE**—Dissemination's only exam.

profit, nonfor-profit-based studio offering yoga at two downtown locations. Sangha Studio funds over 50 weekly classes, workshops, and special events by offering free yoga services with food and outreach programs as a requirement to be a member. Become a Sustaining Member for \$600/year, fully located Sangha Studio, 120 Pine St., Burlington, Vt. Call or Fax at 448-4562, sanghastudiovt@gmail.com; sanghaburlvt@gmail.com.

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**Abstract**

**ADULT FRENCH CLASSES**  
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**FRANCE ANALYSIS/NOTES**  
**CLASSIC** On to 1st French standard third address gift plan from speaking Africaners. Israeli Massimo Mager provides dynamic group debate lecture. French French speaker, English instructor lived in France, West Africa. Adult options: the FRUIT classes and R&L & FRUIT's new. Email for class dates/locations/price on line.

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message

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# Revved Up

1990s BTV metal band Rocketsled reunite in honor of 242 Main

BY JUSTIN ROLAND

**W**hen iconic Burlington venue 242 Main closed last year, it was a huge blow. The area is still packed full of venues, of course, but 242 Main was something of a substance-free, youth-friendly safe space that focused on inclusion more than profit. And for that, it was beloved by generations of punk rockers and hardcore kids, its stage well-stocked with every history, and hailed as America's oldest all-gigs punk venue.

Though its doors remain closed, the club's legacy lives on. That Sunday, January 28, at the Highline Ground Showcase Lounge in South Burlington, one of Burlington's best metal bands, Rocketsled, will reunite for a celebration of 242 Main alongside fellow distinguished BTV alumni Jess Not From the Ground Up and Bloodshot Venetian. It promises to be a memorable night, resulting not just a band but a community — many of these fans and musicians haven't seen each other in 20 or more years.

Rocketsled were a dominant presence in the first half of the 1990s Queens City music scene. The band's seriously talented young members went on to make huge contributions to music, locally and beyond. Fronted, guitarist Daryl Robinson and drummer Greg Kestle founded prog-rock instrumental powerhouse

the Clowry Conspiracy. Guitarist Matt Ray was a founding member of Burlington hardcore legends Brownwings. Vocalist Casey Ray did a stint as guitar with power-pop outfit the Hologans before becoming the music editor of *Sever Days* from 2004 to '07. Along with bassist Eric Kerslake, Rocketsled left behind a remarkably forward-thinking body of work.

**WE WERE ALWAYS SORT OF THE ODD BAND OUT.**

CASEY RAY, ROCKETSELED

While Rocketsled started as a four-piece, things really got rolling when they connected with a young Robinson, who filled out the guitar section and helped cohere the group. "Until we found him, we were like children lost in a vast sea of emptiness and despair," Ray says by phone. "He's probably been inspiring it ever since."

Their 1995 debut (and only) EP, *71 Now*, sounds like it was recorded a full decade later. Full of brutal math-rock intensity laid over Beadle's crushing, primal groove — not to mention Ray's careful balance

of melody and groove — it was like Rocketsled were tuned into a whole different planet. (Especially when you consider that the charts back then were topped by the likes of Green Day, Stone Temple Pilots and... Rush.)

"We were always sort of the odd band out," Ray reflects in a recent phone interview. He now lives in Washington, D.C., and is the director of music licensing at ScreenDM. He's also an adjunct professor at Georgetown University and a professor and course author at Berklee Online.

"Burlington had a strong punk and hardcore scene that begrudgingly tolerated us at first, but then became a big part of our fan base," Ray continues. "The scene back then was quite diverse, and we enjoyed the benefits of that diversity."

Among the early converts was Simon Brady, who would go on to lead Burlington hardcore heavyweights Brownwings.

"The raw metal of the late '80s had disappeared overnight," Brady says. "Rocketsled was part of a new era, [and] they had a lot more going on. Sure, sure, it was immediately identifiable as metal, but I would say their influences were pretty far-ranging."



## Breath Support

Greetings, friends! Before we get into the week's music news, let's take a collective deep breath. I think we're all feeling a bit on edge this week and could benefit from centering ourselves before the inauguration. Ready? In through your nose, out through your mouth. And repeat. Hi give you a second...

OK, now keep doing that for four more years.

Asks aside, and without plagiarizing too far down the political rabbit hole, it's important to remember that we're stronger together. Don't let frustration drive you to an unclear place of fear and doubt. Use it to further your goals. If you're struggling for inspiration, maybe take a look at the local music scene.

Since the election, many local bands and artists have stepped up to protest and support various causes. Acts such as **NOBOD**, **SOUTHERN SALLIES**, **MARKSALL**, **WATERSHED**, and **ONMA CODE** have all used their music to support various causes and organizations in need of support recently. I fully expect that trend to continue as we move forward.

## Split Ends

This week, we have to say two goodbyes. And one is a little more permanent than the other.

After 12 years and four albums, fellow Inverness band **POSSUMFLOW** are calling it quits — but for a great reason.

Band player **KRAN CASHAW** headed a job way out west at Grand Teton National Park in Wyoming. Naturally, his wife, lead singer **DAVEY CRASHAW**, will be heading out there with him. And, yes, this also means that Davey's other band, the **ALLAMOGANS ROCK FOLKERS**, will be ending as well — I guess that's a really three goodbyes, then. The BGP's farewell concert is scheduled for February.

More immediately, Possumflow's official farewell show is this Saturday, January 21, at the Spruce Peak Performing Arts Center in Inverness. It's going to be quite a homecoming. Several great performers are slated to join in on the fun, including vocalist **WERN SUBARRE**, guitarist and vocalist **RON CRASHAW**, **SOND WERT** as on fiddle, and **SETH LAMTS** on electric guitar. Fun fact: This show will be the first time Possumflow have performed with electric guitar. Also, personally, the last.

Center highlights include a rerecording and up enormous performances in 2006 (or 2000 — band members can't remember) at the now-defunct Chagall Valley Folk Festival and playing the famous Caffe Latta in Saratoga Springs, NY. — you know, the one that **ROB CRASHAW** famously played.

While the performance at Spruce Peak is billed as the band's farewell event, it's a really not the last chance you'll get to see them. On their website, Possumflow list several other dates in Vermont, New Hampshire and New York.



Pepper Grouts at the Vermont Folk Music Festival

# HIGHER GROUND

**FRI 1:30** **Brickdrop, Swimmer**  
John Dabbe

**SAT 1:31** **Rockett**  
Join a P&G Party for Ground Up, Vermont, Rock!

**SUN 1:30** **Stephen Lynch: The My Old Heart Tour**

**MON 1:23** **407 The Performance: Maggie Rogers**  
Scott Jones

**TUE 1:34** **Ty Herndon**

**WED 1:28** **Black Tiger Sex Machine**  
Tales for Wally

**THU 1:30** **John Brown's Body**  
Amen in the Water

**FRI 1:37** **Amor Rock**  
Rob Jones, 131 Dots, Anthony Southern

**FRI 1:27** **SUSTO**  
Susto

**SAT 1:31** **With the Best of Me: an Evening with Holy White Heads**  
Phantom Run, 131 Dots, Matty Dwyer

**TUE 1:31** **407 The Performance: Elled Pilot**

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310 The Wilds of AMV  
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## LANE series

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### SPRING SEMESTER PERFORMANCES

Taylor, Chapin & Dink, featuring Ludwig van Beethoven and Franz Schubert	3/27
Green Helix	3/31
North Voices	3/10
Rhythm & Blues Quartet, with Frank Vigorella, guitar	3/17
Universal Segal, cello by Katherine Sessels, bass	3/24
Jenny Schreier's Renaissance	
A Moving Portrait — documentary film with live music	3/31
Ladybirds Black Mountain	3/10
ETHEL — Blue Grass	3/24
Eastside Run, piano	3/31
Sharon Harris, vibraphone	4/13
Baroque Builders	4/21
Three Women and the Truth — Eliza Gilkyson, Gretchen Peters, & Mary Gail Her	4/28

© 2012 University of Vermont Center for the Performing Arts

## music

### Revved Up

Rocked out might have been musical motifs, but their activities were a perfect fit for a punk scene all-night, adventure and no sweat for their own good. 7/11 New borns testament to this day honor. The cover art presents the 12 as a magazine devoted to "Class and style for the Post-Apocalypse" — issue 6, Volume 66, no less. Through their five-year run, Rocked out's anchor was always that basement chamber in Merced Auditorium, 242 Main.

"It was a facility that was run by people that embraced your eccentricity and welcomed self-expression," says Rocked out, now a recording engineer in New York with a serious disaffection to his music. "The really thought about it a lot longer." He continues, pondering 242. "The experience and skills I learned there really shaped who I am and... made it possible for me to still be involved in music."

"We actually practiced at 242 Main, which is another reason the place felt like home," adds Kees.

242 Main is legendary for many reasons, but five accounts have never been one of them. Anyone who went there often knows what a difference crowd one could make. Without a heavy of bodies to absorb all that sound and fury, that basement could get pretty uncomfortable for bassist cars.

"It wasn't the best sound-stage," concedes Kees, "with the amps cranked, the tuning dropped and everything bouncing off the concrete walls. But I think it made me a stronger musician, because I really had to project to cut through the machines."

As in so many other hot music scenes at the time, major labels were believed to be seeking Burlington. In their prime, Rocked out were often rumored to be a breakthrough act. Live is pretty up-front about what happened. Or, rather, didn't.

"We never really had our shot together enough to make a go of anything," he explains. He then adds, simply, "I was 21 years old. For fuck's sake."

Instead, Rocked out thrived on regional renown and had a fiercely loyal following.

"We never did full-on tours, but we were constantly prepping to go to drive to Boston or Connecticut for one-off shows," recalls Beaulieu, now drumming with Massachusetts thrash outfit Black. "We always did really well in Portland,

Maine, which was a great scene. We'd play with bands like Ben Black Church or Tru, who drove big crowds."

The DIY ethic gleamed from 242 and off early.

"That was back when you were stuffing literal demo tapes into mounds of newspapers," Beaulieu says, chuckling. "That was the rule I assumed. And I was relentless."

Ray remembers that hustle all too well.

"We kept making this in a giant old legal ledger book, then Steve from at Rocked out, then used the 'newsletter' to distribute our propaganda," he recalls. "Looking shows meant lots of phone tag, and without the internet to research a scene."

Irreconcilable disagreements on direction and the rumors of twenty-two-hour-long work a full on the band.

"We'd reached a place where everyone in the band was drawing from very different influences," says Beaulieu. "That made it hard to keep going as a group."

After the last tank ran out and side projects became main gigs, the last hurrah for Rocked out was another reunion, this one inspired by the imminent closure of Burlington's iconic Club Trust in 1994. Despite the near 20-year gap between reunions, Rocked out have found that old habits die hard.

"Getting back into the groove has been easier than we anticipated," says Kees. "We can't wait to unleash the beast one more time."

"There are people driving and flying in from all over the U.S.," exclaims Beaulieu. "I almost can't believe it's happening."

As the days count down to the show, Kees is reflective on the former music scene.

"We use kids grow up to be music and start their own bands," he muses. "That's the most fulfilling part. And I can't wait to see those kids as grown-ups because with kids and teenagers."

Rock on. @

Contact: [music@univermont.com](mailto:music@univermont.com)

### INFO

Rocked out with Jesus Kite. From the Ground Up and Hermitic Werst, Saturday January 21, 7:30 p.m. at the Higher Ground Showroom Lounge in South Burlington 5515 AA. <http://groundshowroom.com>



For up-to-the-minute news about the local music scene, read the Live Culture blog: [www.liveculture.com/liveculture](http://www.liveculture.com/liveculture)



## WED.18

## burlington

**CYRUS GRASS** Josh Hughes (sounding)  
8 p.m. Free.

**THE DAILY PLANET** Seth Swenson  
10A.M. \$3 p.m., Free.

**KIM/JAMIE UPDATES** Justin  
& Maureen (solo folk) 7 p.m. Free.

**Agustin Underwood** (solo folk) 10 p.m. Free.

**JPS/PUR** Karaoke, 10 p.m. Free.

**JUNIPER** The 8 p.m. Maureen  
Guerini (solo) 8:30 p.m. Free.

**LOMBE LIGHTING & CAFE** Mike Marino  
10A.M. 7 p.m. Free.

**LIGHT LAMP LAMP** (solo folk)  
10A.M. 7 p.m. Free. Back Bay  
Solo Rocking (solo folk) 8:30 p.m.  
\$10 p.m.

**MANHATTAN PIZZA & PUB** Open Mic  
with Andy Leger 8 p.m. Free.

**NETTAR** Vinyl Night with 4 (solo)  
Phonies (solo folk) 8 p.m. Free.  
Karaoke: 10 p.m. \$10 p.m. \$10 p.m.

**WILD YOU MESSIAH & WHISKY  
ROOM** County Down (solo folk)  
10A.M. 7 p.m. Free.

**RAIDERS** Solo folk (solo folk)  
8 p.m. Free. Back Bay Solo Rocking  
8 p.m. Free. The Heavy Metal (solo folk)  
10 p.m. \$10 p.m.

**RED SQUARE** Eli Kesseloff (solo) 8 p.m.  
Free. 8A Sound Effect 10 p.m.

**ROCKP** Elton Saylor (solo folk) 10A.M.  
10 p.m. Free.

**THE SKINNY PANCAKE** (solo folk)  
Josh Parsons & friends (solo folk) 8  
p.m. \$10 p.m.

**VERMONT COMEDY CLUB** Standup  
Open Mic, 7 p.m. Free. Last Call  
Comedy (solo folk) 8 p.m. Free.

## chittenden county

**HONEY HOUSE** (solo folk) 10A.M.  
8:30 p.m. \$10 p.m.

## barre/mountpelier

**RAIDERS** Solo folk (solo folk)  
8 p.m. \$10 p.m.

**SWEET MESSIAH** 8 p.m. Free. (solo folk)  
10A.M. 8 p.m. \$10 p.m.

**VERMONT COMEDY CLUB** Standup  
Open Mic, 7 p.m. Free. Last Call  
Comedy (solo folk) 8 p.m. Free.

## middlebury area

**HONEY PLACE** (solo folk) 10A.M.  
8:30 p.m. \$10 p.m.

## mad river valley/

**waterbury**

**NO PICTURE THEATER** Open Mic  
Solo folk (solo folk) 10A.M. 8  
p.m. \$10 p.m.

## middlebury area

**SHOUT AT THE BRIDGE** Solo folk 8  
p.m. Free.

## waterbury

**CITY LIGHTS** Open Mic 10A.M. 8  
p.m. Free.

## mad river valley/

**waterbury**

**NO PICTURE THEATER** Open Mic  
Solo folk (solo folk) 10A.M. 8  
p.m. \$10 p.m.

## northwest kingdom

**PAINTER FOR CO.** Solo folk 10A.M.  
8:30 p.m. \$10 p.m.

## THU.19 // THE VERVES (ROCK)



## Fierce Creatures

The vuvuz play bluesy, edgy rock music with a touch of soul. You may have seen their front woman, Sophia Ureka, as a contestant on Season 11 of NBC's "The Voice." She sang her face off as a member of Blake Cymbel's team, but Ureka was eliminated during the first round of live playoffs. While the ultimate goal for a contestant on a competitive singing TV program is to be crowned the winner, being eliminated early isn't necessarily a bad thing, especially if the contestant is already kind of a rock star. Rock out with the Verve's on Thursday, January 19, at Side Bar in Burlington. Local rockers J REMBERT open.

## outside vermont

**HONEYPLACE** Open Mic with Local 10  
p.m. Free.

## THE SKINNY PANCAKE (HAWVER)

Free The (solo folk) 10A.M. 8  
p.m. Free.

## THU.19

## burlington

**ACTIVIST** Vermont, Burlington Festival  
Opening Night, 8 p.m. \$10.

## THE DAILY PLANET (HAWVER)

Free The (solo folk) 10A.M. 8  
p.m. Free.

## BOMB

Free The (solo folk) 10A.M. 8  
p.m. Free.

## JPS/PUR

Free The (solo folk) 10A.M. 8  
p.m. Free.

## MANHATTAN PIZZA &amp; PUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

## NETTAR

Free The (solo folk) 10A.M. 8  
p.m. Free.

## RAIDERS

Free The (solo folk) 10A.M. 8  
p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

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p.m. Free.

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p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

## HONEY HOUSE

Free The (solo folk) 10A.M. 8  
p.m. Free.

## NETTAR

Free The (solo folk) 10A.M. 8  
p.m. Free.

## RAIDERS

Free The (solo folk) 10A.M. 8  
p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

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p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

## middlebury area

**CITY LIGHTS** Open Mic 10A.M. 8  
p.m. Free.

## TWO BROTHERS

Free The (solo folk) 10A.M. 8  
p.m. Free.

## NETTAR

Free The (solo folk) 10A.M. 8  
p.m. Free.

## RAIDERS

Free The (solo folk) 10A.M. 8  
p.m. Free.

## VERMONT COMEDY CLUB

Free The (solo folk) 10A.M. 8  
p.m. Free.

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p.m. Free.



# REVIEW *this*

## Clam, Sonnendruck

(SELF-RELEASED, CD, DIGITAL, DOWNLOAD)

Sometimes two things that seem like they shouldn't go together actually go together exceptionally well.

For instance, the two prominent concepts you'll find on Clam's album *Sonnendruck*, upbeat electro and a cappella choral singing, seem like they couldn't be more of a mismatch. But the antipathy of Gregorian-style chanting juxtaposed with the hyper-techno of intricately artificial electronic sounds makes for a curiously challenging and familiar coupling.

Clam is the recording project of Alex Vitthum, a native Vermontor who studied opera singing at Bard College. It was there that he developed an appreciation for all things choral. Vitthum is currently working on his own repertory, and *Sonnendruck* is one of the forthcoming pieces.



plays in an other-worldly band called the Mouthful that's definitely not really or goofy and definitely isn't kind of a joke. Their song about crab beer, "Kapture on Tap," isn't farcical at all. (Note: I'm being facetious.)

Fun fact: The word *sonnendruck* comes from German and loosely translates to "sun push" or "sun pressure." It's a fitting title for the album, which overall feels bright and a little hot. The album is entirely instrumental, except for Vitthum's

non-verbal, chanting on two of the album's eight tracks.

The opening cut, "Waking," is a melodic, mid-tempo electronic singer. Quizzical synths of various some flavors orbit around a steady bass line. It's contemplative but not overly so.

"Pasty Mugs" sounds like it could have been lifted from a biga Genesis game — namely, *Sam & The Hedgehog*. Vitthum cites video game music as a heavy influence. About halfway through the sparkling, wistful tune, the tempo drops to a percolous low, only to come surging back like an avarice that's just obtained a special power-up.

"Slow Chart For Lil' Greg (Part 1)" and "Slow Chart For Lil' Greg (Part 2)" are both slow-burn, minimalist choral pieces. In "Part 1," multiple tracks of Vitthum's voice overlap and swell in discordant polyphony. His voice(s) range from hush to alto. At times he's serene, and other times he's menacing.

"Part 2" is much more serene and ethereal, and sounds as if it's coming from the far end of a dark, subterranean chamber. It evokes the sense of eavesdropping on an ancient ritual.

"Dusk," which was written after spending a weekend in nature, falls squarely between Vitthum's modalities. It's clear it's as official as any other upbeat tracks but creeps along sluggishly through an ambient washdown.

The album does leave the listener wanting a union of Vitthum's glitzy electronics and choral influences. For a first offering, perhaps it makes more sense for those entities to remain separate. In the future, one can only hope that the two concepts will become one.

*Sonnendruck* is available at [clamdunk.bandcamp.com](http://clamdunk.bandcamp.com).

JORDAN ADAMS

## Eames Brothers Band, *Now & Then*

(SELF-RELEASED, CD, DIGITAL, DOWNLOAD)

For the past two decades, the Eames Brothers Band have served as Vermont's foremost (and only) purveyors of "mountain blues." There's a hybrid sound, built equally on Delta, chop and Green Mountains granite. As farmed on the band's 2006 debut, *Open Road*, and crystallized in subsequent releases, brothers Ralph and Seth Eames have long found the readily made and rare — not to mention chord progression — of early blues with elements more commonly found in the local backbeat, such as rock, funk and jam.

On its own, that particular stylistic gamble might not seem terribly onerous, especially to the overly hyperactive, jam-friendly hills of Vermont. But the Eames Brothers have always stood out from the fray. The band's latest album, *Now & Then*,



is a time capsule of sorts that helps us understand why that is.

*Now & Then* is composed of previously unrecorded material that spans the EBBB's last eight years. Engineer Bennett Shapiro recorded four of the album's 10 tracks in 2003. Another song, "Honeycomb" was recorded by Dave Snyder of Guilford Sound in 2012. Ryan Power, who also mixed and mastered the album, engineered its remaining five tracks. The result is a record that offers snapshots of the band in various stages over the years but manages

to sustain a cohesive feel and tone throughout.

That latter trait is a credit to the band as a whole, but also to the unique songwriting gifts of Seth Eames. A quiet, bordering-on-the-folkie, the somewhat nameless is a remarkably understated Vermont treasure. And his work on *Now & Then* ranks with some of his best.

Whether working over the seductive groove of "Honeycomb" or unleashing lusty love on "Long Gass" or ambling lustily through "Almost Home," Eames writes and sings with a helpful dexterity that creates emotion with stunning efficiency. Discreet singularity, both in music and language, is a hallmark of the blues. And five local musicians are as well-versed in Eames.

Eames' band is the perfect vehicle for his mercurial compositions. Bassist Ralph Eames plumbs the low end with shy restraint, forming a dense rhythmic section with drummer Phil Carr. Gregoire Isaac Hardiman, ever

unpredictable and brilliant, paints in tones and textures in only five bars.

The album features a cadre of notable guests. Vocalist Miriam Bernardo appears on all but one track. Bernardo's steady Kerry partner, noodler Kar Wright, turns up on four tunes. Michael Charney drops in with harmonica on an album closer "Sinner's Me Back." Jason Sporking adds guitar on "Honeycomb." And PJ Davidson's lively camp work on his three appearances shades those tunes with a welcome upshot feel.

Given over 20-year tenure, it's hard not to feel like the Eames Brothers have always been around. But that's as much a credit to their longevity as to the timelessness of the band's music. And that last quality is perfectly captured on *Now & Then*.

*Now & Then* by the Eames Brothers Band is available at [eamesbrothersband.com](http://eamesbrothersband.com). The Eames Brothers Band play this Friday, January 20, at Sweet Melissa's in Montpelier.

SAM ROLLES

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NEW IN 30!

## BURLINGTON

**MONEY HOUSE** *HotCatcher*  
New Day (8:00 p.m. to 1:00 a.m.)  
\$5 p.m. free.

**ON TAP BAR & GRILL** *The New*  
Jazz! 5 p.m. free & house on  
Tues. (10:00 p.m. to 1:00 a.m.)

**barre/montpeller**  
**BAFFLE BAREL** and **SHIRLEY**  
**CARL** *Cave Laughing* (jazz-rock)  
\$10 p.m. free.

**CHARLIE-OT WORLD FAMOUS**  
*It's A Wonderful* (rock) 8  
p.m. free. **Knicker Vinyl** & **Black**  
**Phonics** (art pop) 10 p.m. free.  
**LA PUERTA MORA** *Joe Moore*  
(rock) 9:00 p.m. free.

**SWEET MILLERS** *Heavy Rock*  
Heavy Rock with New Lineband,  
9:30 p.m., **Barabara** *Dances*  
Brother Urban Africa (dance)  
Party (rock) 10:00 p.m., **JS**  
**BRADLEY BAR** *Talking* (rock)  
Jazz! 11 p.m. free.

**stone/montpelier**  
**MODS PLACE** *Drunk and in the*  
*House* (rock) 8 p.m., 10 p.m.  
**NUITY HALL** *Spontaneous Polaris*  
*Featuring* *Conti Michael & the*  
*People's Band* (jazz-rock) 8  
p.m., \$10.

**middlebury area**  
**JOE LAMPS HEART CLUB** *Joe*  
*Arquette Rock* (rock) 9:30 p.m.,  
free.  
**TWO BROTHERS TAVERN** *BJ*  
*Beckwith* (rock) 10 p.m., free.

**rutland/burlington**  
**HEAVY HARMONY** *Heavy Metal*  
*Lipstick* (rock cover) 8 p.m.,  
free.

**northwest kingdom**  
**JASPER'S TAVERN** *Bar* (jazz-rock)  
\$10 10 p.m., \$5.  
**PARKER PIE CO.** *Chlorinated*  
*Pop* 11:30 p.m. free.

**outside vermont**  
**MONKEYBUTT** *Heavy Metal* (rock,  
live electronic) 10 p.m., free.  
**MONKEYBUTT SUMMERTIME**  
*Heavy Metal* (rock) 8 p.m. free.  
**BEAT PUNCHES** 5 p.m., free.  
**BLUR BOWLES** *An Inquest*  
*Highway 10* (rock) 10  
p.m., free.

## SAT.21

## burlington

**BLU GRANTY&T SAWYER**  
*Blue Gruntz* (rock) 8:30 p.m.,  
\$10 p.m. free.

**BURLINGTON 21 JERRY'S** *Club*  
*Joe Arquette* (rock) 10 p.m.,  
\$10 p.m. free.

**CLAY HITCHCOCK** *Rockumentary*  
*Rock 101* (rock) 10:30 p.m.,  
\$10 p.m. free.

**JPS-UP** *Barbecue*, 10 p.m. free.  
**JANISER** *Blue Gruntz*  
(rock) 10 p.m., free.

**LEAF CLUB LAMP SHOP** *Take*  
*Along* (rock) 10 p.m., free.



SAT.21 (7) POCKET VINYL (ART POP)

## A Thousand Words

**ROBERT VANCE** *Elizabeth Janowitz* and *Eric Stevenson* are a married duo that makes music and art simultaneously. During their performances, Stevenson plays guitar while Vance sings from poster to poster, while Janowitz seductively paints a fresh picture. At the end of the performance, the completed painting is sold to the highest bidder. On their website, they keep an ongoing list of band goals. Those already checked off include playing 100 shows, selling 1,000 albums and playing at least one set at the South by Southwest festival in Austin. The couple are still hoping to open for The Grates & Sem and to release a seven-track single for Record Store Day. Watch Pocket Vinyl take over the stage on Friday, January 23, at Charlie-OT's World Famous in Montpelier and on Saturday, January 24, at Radio Rex in Burlington.

## HARRINGTON-PIZZA IS FUN

*HotPunches* (dance) 10:30 p.m. free.

**HICKORY SHED** *Shirley Bassey*  
(10 p.m. to 1:00 a.m.) 10 p.m., free.

**REBEL THE MUSICAL** *REBEL*  
*THE MUSICAL* 10 p.m., \$10 p.m. free.

**RAISINBARK** *Happy Days*  
(house rock) 10:30 p.m., Pocket  
Vinyl (art pop) 10 p.m. free. *The*  
*Original Gruntz* (rock) 10 p.m.,  
free. *Excuse* (rock) pop! 10 p.m., free.

**RED SQUARE** *Shirley Bassey*  
(rock) 8 p.m., free. *The Residents*  
(rock) 10 p.m., \$10. *Mountain*  
(pop-rock) 11 p.m., \$5.

**RED SQUARE BLUE ROOM** *JO*  
*Arquette* (rock) 8 p.m., \$10. *High*  
*Class* (10:00 p.m., \$10. *Mountain*  
(pop-rock) 11 p.m., \$5.

**SHIRLEY BASSEY** *Happy Days*  
(house rock) 10:30 p.m., Pocket  
Vinyl (art pop) 10 p.m. free. *The*  
*Original Gruntz* (rock) 10 p.m.,  
free. *Excuse* (rock) pop! 10 p.m., free.

**THE DENTIST FRANKIE**  
*(BURLINGTON)* *Comedy* 8 p.m.,  
free. *10 p.m., 11 p.m., 12 p.m.*

**SHIRLEY BASSEY** *Happy Days*  
(house rock) 10:30 p.m., Pocket  
Vinyl (art pop) 10 p.m. free. *The*  
*Original Gruntz* (rock) 10 p.m.,  
free. *Excuse* (rock) pop! 10 p.m., free.

**VENOMOUS COMEDY CLUB** *Joe*  
*Arquette* (rock) 10 p.m., \$10 p.m. free.

## children's county

**SACKTAGE PUB** *Hard Rock*  
(rock) 10:30 p.m., \$10 p.m. free.

## HIGHER GROUND SHOWCASE

*Bluegrass* *Roundtable* 8 p.m., free.  
*From the Ground Up* (bluegrass)  
10:30 p.m., \$10 p.m. free.

**MONEY HOUSE** *Sam Smith*  
*Rockabilly* (rock) 10 p.m., \$10 p.m. free.

**ON TAP BAR & GRILL** *Uptown*  
*Heavy* (rock) 8 p.m., free. *Music*  
*City* 10 p.m., free.

**barre/montpelier**  
**BAFFLE BAREL** and **SHIRLEY**  
**CARL** *Cave Laughing* (jazz-rock)  
\$10 p.m. free.

**CHARLIE-OT WORLD FAMOUS**  
*It's A Wonderful* (rock) 8 p.m.,  
free.

**STONEY MILLERS** *Heavy Rock*  
*Heavy Rock* with New Lineband,  
9:30 p.m., \$10 p.m. free.

**TWO BROTHERS TAVERN** *BJ*  
*Beckwith* (rock) 10 p.m., free.

**stone/montpelier**  
**MODS PLACE** *Drunk and in the*  
*House* (rock) 8 p.m., 10 p.m.

**middlebury area**  
**JOE LAMPS HEART CLUB** *Joe*  
*Arquette* (rock) 9:30 p.m., free.

**MONKEYBUTT** *Heavy Metal* (rock,  
live electronic) 10 p.m., free.

**MONKEYBUTT SUMMERTIME**  
*Heavy Metal* (rock) 8 p.m. free.  
**BEAT PUNCHES** 5 p.m., free.

**BLUR BOWLES** *An Inquest*  
*Highway 10* (rock) 10 p.m., free.

## stone/montpelier

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*Heavy Metal* (rock) 8 p.m. free.

**BEAT PUNCHES** 5 p.m., free.

**BLUR BOWLES** *An Inquest*  
*Highway 10* (rock) 10 p.m., free.

## MON.23

## burlington

**LIGHT CLUB LAMP SHOP** *Take*  
*Along* (rock) 10 p.m., free.

**MAHOUT KITCHEN & PUB** *Garage*  
*Rock* 10:30 p.m., free.

**HICKORY SHED** *Shirley Bassey*  
(10 p.m. to 1:00 a.m.) 10 p.m., free.

**REBEL THE MUSICAL** *REBEL*  
*THE MUSICAL* 10 p.m., \$10 p.m. free.

**RAISINBARK** *Happy Days*  
(house rock) 10:30 p.m., Pocket  
Vinyl (art pop) 10 p.m. free. *The*  
*Original Gruntz* (rock) 10 p.m.,  
free. *Excuse* (rock) pop! 10 p.m., free.

**stone/montpelier**  
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**BEAT PUNCHES** 5 p.m., free.

**BLUR BOWLES** *An Inquest*  
*Highway 10* (rock) 10 p.m., free.

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# Love Trumps Ape

Painter Philip Hagopian revamps an old image to make a fresh statement

BY PAMELA POLSTON

**I**n the weeks preceding the inauguration of president-elect Donald Trump, artists worldwide have generated imagery that represents their reactions to this reality. Some are positive, but most convey a range of negativity from ridicule to anger to fear.

In the mostly blue state of Vermont, artists have contributed to this visual commentary in various ways, but none to date has had as "visual" impact. That could change, if musician and longtime Brookfield resident Bobby Gosh has his way.

Gosh and his wife, Eili, are passionate art collectors, and among their treasuries are some 35 paintings by Merrimack-based Philip Hagopian. One 2004 work, titled "Time Bomb," depicts an ape holding planet Earth in its hands. This Earth has a lit fuse — thank the spherical black bombs in, for example, cartoons featuring Willie T. Copon. Never mind that bombs haven't looked like that for a very long time; we all "get it": Instability. Planet Earth is imperiled.

While going through his collection recently, Gosh took a look at that painting and instantly got something else in his mind's eye: Donald Trump, in place of an ape. And he wanted Hagopian to paint it. But not for his private collection; Gosh wants to see this image out in the world, through social media, at picnic picnics, as posters. In other words, *reimagining* it. In Shepard Fairey's iconic "Hope" image of Barack Obama. In this case, the title of the work would be, naturally, "Make America Great Again."

"I thought, *Man, if that [painting] was Trump, it would be a picture worth a thousand words*," Gosh says. "I have a history since Nixon of writing protest songs. If you want to make a protest, this is it."

So, Gosh continues, "I contacted Philip, and he went for it."

"Bobby had an epiphany of putting Donald [in] on the [ape]," Hagopian says. "People were already spoofing on that link between his orange hair and an orangutan, but I hadn't seen any painted hybrid versions."

Hagopian finished the 18-by-24-inch painting in four days — or "two days of

Painting by Philip Hagopian; poster by Leonard Olszewski



## NEW THIS WEEK

## burlington

➤ **THINK, CHOOSE OR CULTURE?** An art show uses an academic selection of driving artists to reveal gaps in the canon: social, physical and aesthetic experience of liquid consumption. Reception, Wednesday, February 8, 3-5 p.m.; Jan. 24-May 17, 10 a.m.-5 p.m.; Opening Museum of Art, University of Vermont, Burlington.

➤ **THE PAST PRESENT?** Works by Holly Pinsky and Athena Patti Tarkenton, who use reflections of history to explore humanity and compare our modern lives to the past. Reception, Friday, January 20, 3-5 p.m.; January 20-April 8, 10 a.m.-5 p.m.; Vermont Museum of Art, Burlington.

➤ **SHANE LINGUALITI:** "The Sun, Sea, Studies" a photo series, series of the American South by the Burlington artist, embracing the rich history of Southern travel. Integrates old-timey, vintage and more. ➤ **WYLLIE KODIA-BACCA:** "With My Voice: I'm Calling You Home," a new body of work featuring painting and photographic prints that embody themes of identity, migration and ancestral place-making. Reception, Friday, January 20, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; Burlington City Arts.

## acton/vermont

➤ **INSTANT REMEDIATION:** This art, sculpture and costume exhibit features a mixture of recent and past works that focus on reclaiming the space through creative materialism, a project in cooperation with the Springfield artist community. Reception, Friday, January 20, 5-7 p.m.; January 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

## middlebury college

**LANDSCAPE IN-IMAGINED: THE ALPACAS CAMPAIGN:** Large-scale images of the Middlebury campus, involving students in the art that both the Middlebury Landscape and the Campaign, Drawing, Photography and Art. January 20, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; Middlebury College.

## acton/vermont

**GINNIA BERG:** "Voices of Nature" large-scale photo prints and multimedia works featuring nature photography and video to reimagine the natural world. January 20, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

## ART EVENTS

**ART ALLYSTON BENEFIT:** A display of support for the Vermont State Police, accompanied by a brief presentation about the work of the Art Allystons. Features an auction for \$100,000 directly benefiting the state of Vermont for a student, before City of Acton, Maine. Wednesday, January 20, 5-7 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**POP-UP GALLERY MONTPELIER:** Photo prints by Vermont State Police officers, accompanied by a brief presentation about the work of the Art Allystons. Features an auction for \$100,000 directly benefiting the state of Vermont for a student, before City of Acton, Maine. Wednesday, January 20, 5-7 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**TALK: JAMES BROWNE:** The author of "The Art of the State," a book about the state of Vermont, will be in Burlington. Reception, Friday, January 20, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**TALK: MARGARET LAMPERT:** Reception, Friday, January 20, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**TALK: MICHAEL DEBORD:** The author of "The Society of the Spectacle," a book about the state of Vermont, will be in Burlington. Reception, Friday, January 20, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

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**TALK: WOLFF PHOTOGRAPHY:** Reception, Friday, January 20, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

## ONGOING SHOWS

## burlington

➤ **ANNE CORREIA:** Works created from the artist's personal life, using her own images and the images of others to tell a story. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**GRAPHIC DESIGN CAPSTONE SHOW:** A group of design students exhibit a group of their work, including their own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**THE METALLOID:** A group of artists exhibit their work, including their own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**KEVIN MONTGOMERY:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**LARRY FISHER AND JOHN C. THOMAS:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**LOUIS KAMINSKY:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**HEAD PLAN:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**NEW CAROLINE:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**GARY LAMPERT:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**SHANE LINGUALITI:** A collection of highly detailed works, including his own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.

**STEPS TO END DOMESTIC VIOLENCE ART EXHIBIT:** A group of artists exhibit their work, including their own designs and the designs of others. Reception, Friday, February 8, 3-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; 20-April 8, 10 a.m.-5 p.m.; City of Acton in Maine.



"True World" by Bobby Gosh

looking at it and two days painting," as he puts it.

Gosh began by sending the image to friends, "and the reaction is tremendous," he says. Now he's having limited-edition giclée prints made. If social media ignites demand, he adds, "we'll go to a company that makes posters. The main thing is to have the image out there, and, if something happens, we'll take it from there."

Gosh notes that murals in Montpelier this morning, January 21, he might use a few images of Trump as well. If that populist approach is new to Haggopian, political engagement is not. The *Kryptos*-odd artist says he's been painting social realism for about 30 years—dealing with social, political and environmental issues. Indeed, some of Haggopian's work has incorporated images of nuclearism, human oppression and capitalist/consumerist excess.

The Trump/Haggopian image of "Make America Great Again" map appears to be in the same vein, evoking the slaughter yet loaded euphorism in its presentation of an easily grasped, highly visible subject. Yet the bulk of Haggopian's oeuvre is far more complex and sophisticated.

While the artist has earned out lovely portraits, still lifes and landscapes, as his website reveals, his richly hued multi-media work layers concepts and motifs in a surreal manner. The word "panscape" is inadequate to describe a career that has been charged with objects such as clockwork, scattered with symbols

THE MAIN THING IS TO HAVE THE IMAGE OUT THERE, AND, IF SOMETHING HAPPENS, WE'LL TAKE IT FROM THERE.

BOBBY GOSH

and scattered into seemingly unrelated vignettes. Each piece offers portals into parallel universes, as if Haggopian cannot confer himself to just one. The effect is disorienting, even enigmatic.

So what does the new painting mean to him? "So many disclosures—This painting of Donald Trump is symbolic of a government that generally works on the discussion of the corporate profit margin," Haggopian responds. "It's not specifically an anti-Trump image, but it's used because he's very easy in representing these interests."

"I'm not really attacking Donald Trump as his followers—that's very important," Haggopian clarifies. "But as our in my life has I seen a society as disoriented. It is almost a power play."

Given that seemingly endless chaos, it remains to be seen whether a painting of the president-elect holding that power belongs, as Haggopian would like, "create a dialogue with Trump's world." Yet the artist insists that the central motif he has expressed in the image holds universal interest: the sustainability of life on Earth.

"Even if the [network] provides attack," Haggopian concludes, "that's the beginning of a dialogue." □

Contact: [pamela@newmexicopost.com](mailto:pamela@newmexicopost.com)

## INFO

Sign up for a free trial of *Make America Great Again* art prints available at [bobbygosh.com](http://bobbygosh.com). See more of Philip Haggopian's work at [philhaggopian.com](http://philhaggopian.com).







**Peter Fried** has his landscapes now on view in an exhibition called "The Commonscape" at Shelburne Viscay, the Vergennes artist seeks to capture the essence of a less-celebrated Vermont. Instead of postcard-perfect mountain vistas or famous foliage, Fried paints the ordinary environment traversed by locals every day, taking his inspiration from 19th-century artists "who sought to find the heroic in the mundane." Fried's scenes combine what he sees with rustic tradition and overtly personal brushstrokes, painting toward the emotional weight of often overlooked built environments. Through February 28. **Pictured:** "Yellow Bridge, Charlotte, VT."

26, 12:00-5 p.m. Through Friday • DT Info: 362-2298 • Shelburne Viscay, Colchester University

#### THE SPIRIT OF THE SEASON, MY FAVORITE

**FAVORITE:** Artist guest members share works including floral, signed art, garden scenes, jewelry, wood, clay, metal, rocks and glass, as well as handmade ornaments. Through Jan. 18. Info: 260-4958 • Evenden Artists Guild.

#### UPPER MOUNTAIN

**EARLY ARTISTS EXHIBIT:** An exhibition by members of Upper Mount of local visual artists working in a variety of mediums who committed to the position of making art daily in 2020. Through February 9. Info: 457-5380 • Artistic Community Arts Center & Gallery in South Poultney.

#### MAKING MUSIC: THE SCIENCE OF MUSICAL

**INTERPRETERS:** An exhibition that explores the science behind musical rhythms and harmonies, held through September. DT Info: 649-2380 • Middlebury Museum of Science in Middlebury.

**WINTER HANGINGS:** "Including Dated" assemblages of new works in watercolor and gouache. Through February 15. Info: 457-4203 • Warren Williams Public Library in Westmoreland.

**SEA SLAB:** The Slabber's assemblage of the Shoran artist's latest style paintings, wooden sculpture, assemblage of paintings. Through Jan. 31. Info: 260-4958 • Slabber's in Montpelier. Slabber's in Montpelier. Slabber's in Montpelier.

**TWO RIVERS HOLIDAY PRIZE SHOW:** An annual group exhibition featuring prints by artist members that demonstrate a variety of printmaking techniques. Open view to take place. Through Jan. 28. Info: 260-5983 • Two Rivers Printmaking Studio in Berlin.

#### northeast kingdom

**NEW HANGINGS:** New landscape paintings of the Northeast Kingdom. Through Jan. 27. Info: 625-5568 • Pioneer Pub Co. in Saint Albans.

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UNIVERSITY OF VERMONT CELEBRATION

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CIVIL RIGHTS ACTIVIST

CO-AUTHOR OF THE BOOK  
SELMA, LORD, SELMA: GAYL HOGG  
MEMOIRS OF THE CIVIL RIGHTS DAYS

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**WATERMAN BUILDING** - Registrar's Office Student Service Center Kiosk (3rd floor)



Seating is subject to change and is available on a first-come, first-served basis. Seating is available on a first-come, first-served basis. Seating is available on a first-come, first-served basis. Seating is available on a first-come, first-served basis.



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CHUCKING SHIRDS BY FINE

**KATHY CHAPMAN:** "Ordinary Saints" paintings and sculptures by the Eastport, ME, sculptor/artist are on display through February 25. Through February 25, info: [jennifer@backroom.com](mailto:jennifer@backroom.com), info: 325-8028. Backroom Gallery, 100 North Street, Backroom, Backroom, St. Johnsbury.

**NEILSON/BAKKE:** An exhibition featuring open the bottom of the 19th-century building. The collection is on display through February 25. Through February 25, info: 325-8028. Backroom Gallery, 100 North Street, Backroom, Backroom, St. Johnsbury.

**WILLIAMSON ART:** An exhibition of works including oil paintings, prints, linocuts, glass art and more. Through February 25, info: 325-8028. Backroom Gallery, 100 North Street, Backroom, Backroom, St. Johnsbury.

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## Kathy Chapman

Working with mentor Greg Gorman, the Concord stained-glass artist has worked to restore windows in nearly two dozen churches in Vermont and New Hampshire. "Ordinary Saints" at the Backroom Gallery in St. Johnsbury showcases the fruits of Chapman's own creative labors, which merge the influence of tapestry with a more playful visual approach to render scenes of families and friends. In addition to glass panels, she puts forth "a little flock of miniature saints on wood," as well as a series of large-scale paintings. Through February 25. Pictured, "Brothers and Sisters" detail.

### avantgarde/when to walk

**OPEN CALL KINE:** A group of artists, including 33 artists by 24 photographers and video artists, selected by Bernard Bonneau, CAROLINE BAKKE, "Things You Mind" on the internet. Info: 325-8028. Backroom Gallery, 100 North Street, Backroom, Backroom, St. Johnsbury.

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### roundup/royalton

**THOMAS:** An exhibition of paintings by Thomas, artist Mark Gorman and Gorman.

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### outside/when to walk

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# movies

## The Founder ★★★★★

**A**ll anyone who started McDonald's, and you'll get the same answer: Ray Kroc. Ask anyone who started Apple, and you'll hear it was Steve Jobs. In the case of the latter, we should know better. As several sources have made clear, Steve Wozniak founded the company's first computer and created it with his own two hands. But Jobs enrolled in professional riddle-gists and edited him.

Now, courtesy of director John Lee Hancock (Steven Spielberg's *War of the Worlds*), a film reveals the man behind the curtain at McDonald's, and his name isn't Ray Kroc. It's also Mac. I can't remember the last time I saw a film in which the subject was this familiar filled with so many startling historical facts.

Which is another way of saying *The Founder* tells one hell of a story or two less true story. Liberties have been taken, though some were needed. Seriously, the company's saga of global domination hardly requires embellishment.

When we meet Kroc (Michael Keaton), he's in his thirties and adapting multipliable self-theater moves from drive-in to drive-in across the heartland. As to why whomever men would be considering retirement, he spends days having dogs, slumped at his

feet and eyes in ready movie drinking whiskey. There he listens to a waitress, LP and repeats monotonous, "Nothing in this world can take the place of persistence."

One day Kroc catches it with his hands of food and put the message that will change his life. He starts hamburger joint in his hometown as ordered six machines. With kind of a real name, he wonders, is it too hard to start? A revolutionary kind, he discovers, after he drops everything and drives to California to check it out.

There he meets Dick (Nick Offerman) and Mac (John Carroll Lynch) McDonald, the delightfully oddball brothers behind the burning one of a kind enterprise. Kroc can't believe his eyes. He walks up to a window and places an order, and his food is on front of him before he can pull out his wallet. His first McDonald is a religious experience in a paper sack. Before Kroc leaves, he, Dick and Mac have shared him around and shared their secret: a food prep assembly line that's equal parts Henry Ford and George Washington.

This is the film's revelation — that Kroc wasn't the "founder" of McDonald's, as he assumed until his death in 1984. Rather, he joined McDonald's and, through persistence and coldhearted calculation, wounded



KEATON ENLIGHTENS: In Hancock's carefully balanced version of the fast-food empire, legendary Franken plays Kroc as a character who has stolen the McDonald brothers' idea of a lifetime

his way into business with the brothers, for which that business "has no to-doing us," and then rubbed them in the back.

In reality, that's not quite how it went down. The film has Ray fantasizing the McDonalds into aggressive opponents, when the record shows that was their plan all along. They married Kroc to pursue precisely that goal.

There's more, but why quibble, when Hancock manages to make Kroc's motivation so motivating? Even when these motivations hinge on the white knuckle sacrament of real estate law. When's the road to the extent in which Kroc goes the way we're behind him. His Kroc is such a char-

ismatic Energizer Bunny that you can't let the *daily* digress past it.

It's not so though Dick and Mac aren't sympathetic figures. Not only are they legitimate entrepreneurs, they're decent, likable guys. They share their idea (Lance Dern), the wife Kroc actually takes for granted and ultimately loses behind. By my definition, here is a superior character, yet you almost have to admire his relentlessness.

Fast talk, that food. A fast track. How an endgame picture in *The Founder* for the one of President Donald Trump's candidate that Bob makes their debt on January 30.

BRICK JENKINS

## Jackie ★★★★★

**F**or some of us, seeing Jackie for the same work as the presidential inauguration could be a genuinely interesting experience. While director Pablo Larrain's film doesn't glorify the supposed Camelot years, it's very clear on one thing: Jackie Kennedy (Natalie Portman) believed with every fiber of her being that keeping up appearances — grace, poise and dignity — was key to holding the nation's top office.

This ideal may seem old-fashioned now, but the film shows the first lady pursuing it as thoughtful and personally risky every step. Rush Oprea's screenplay reminds us that not only did Jackie restore the White House decor — transforming it into a museum of presidential history — but, in 1963, she gave the nation a rebuffed turn. The film returns repeatedly, almost obsessively, to a recreation of that broadcast, in which we see a nervous Jackie working courageously to elevate American Jetties of their heritage. In the process, she loses her husband's legacy, a price that will become all the more pressing after his untimely death.

It's hard to imagine a less controversial biopic than Jackie — indeed, it's less a biography than a meditation. A few flashback aside, Larrain focuses exclusively on the days and months immediately following the assassination. John F. Kennedy appears only fleetingly on screen — more notably late in the film, in a brief but haunting staging of his death.



REFLECTIONS ON A TRAIL: Portman plays a Jackie Kennedy who's not just a woman in a pink coat, but a woman in a pink coat who's not just a woman in a pink coat, but a woman in a pink coat

As this genre indicates, women aren't presented chronologically. A former editor establishes some of what we see as a scene set delivered by Jackie to a newspaper journalist (Kelly Creagan), who visits her in a prison. When House selection, that the film's time line is just as wrong and broken as it is. Larrain's wonderfully wise, dramatic scene. And Jackie is everything but a reliable narrator, she's prone to offering a graphic description of what happened in Dallas and then

proclaiming it off the record, or lighting up while heavily dejected. "I don't smoke."

Going for broke with the first lady's and Atlantic accent, Portman is so assured that her performance initially makes parody. But, as we witness Jackie in shock, skepticism and grieving, that performance reveals something new for cinema. The woman comes across as imperious, measured and sometimes eccentric, but always real.

Portman's Jackie is very long, mostly just a portrait of Jackie. Larrain serves us an of fast fact to Jackie's mission. As the two look on the question of how best to maintain life in a "world gone mad," the story spins JFK as an unexpectedly modern spirit. The man's just about dead, but about again.

How much did Jackie have her last breath? Did the White House really resemble Camelot for "one last dancing moment," or was that a nostalgic fiction? Larrain's premise, guided by journalism and biography with her blessing? Jackie raises those questions without answering them, though perhaps it comes closest in the scenes where Jackie confides in a priest (Josh Wiedor) about a history of grief and guilt that extends back to her loss of three children.

More than a straight account — of which we already have many — Larrain has created a home space about a woman struggling to overcome tragedy and find her own path.

To us, accustomed to seeing our lives on video, Jackie may seem miserably in that 1963 broadcast. But the film suggests that she was, in her darkest way, a pioneer, amongst us here in new world in which knowing us could end and reshape the globe. While today we may view the camera and accessibility of public figures shows their dignity — sometimes to our detriment — that's the world we still live in.

HAROLD HARRISON

**Difficult Asylum** **WILKINSON** *Amos & Noah*, the Foxing and Sonia Gering play three women fleeing Istanbul, set in 1930s Southern California in this comedy-drama from director MIRA MIRMIR (Marsden, *Thelma & Louise*, *Boys n' Girls*)



**JACKSON** is a 1992 PBS film. (Parade directed the event.) Impressively, it's a portrait of Jackie Kennedy (Julia Roberts) in the months following her husband's assassination. With Peter Onegin as JFK, Billy Crudup and Gene Blevins. (PBS may be online in 2002.)

**LA LA LAND** **H** **M** **F** Ryan Reynolds and Emma Stone star as lovers aiming for the big time in this jazy tribute to 1950s Hollywood musicals from director Damien Chazelle (BPM). **C** **R** **M** **F** **TV** **TV**

**LIBRARY** Twenty-8 years after being lost in the Cebu streets and adopted by Americans, a young man (Cris Fajal) travels first the Indian Ocean to his birth island, with Guany Power (Maia Kodono) and Raquel Wenz, Earth David directed. (R) 100 min. (D) 2005. (Reviewed by R. C. McLean)

**LIVE BY NIGHT** is a 1937 film about crime directed and stars in the story of a prohibition bootlegger who becomes a formidable gangster with Al Pacino. Only Madonna and Dan Aykroyd. DVD only \$6.

**NONCHETTER IS THE GLASSMAN** Actor-director Kenneth Lonergan (*Hugoboss*) brings in this acclaimed frame about a man (Larry Miller) who takes custody of his teen nephew after his

[illegible]

**THE EAGLEHUNTERS**★★★½ The delirious documentary from director Brian Koppelman is a 15-year-old Morgan Stanley nominee who struggles to be the first female in 12 governments to own a small family business. Gang Boney members. (R) (Feb. 6)

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THESE ARE THE RESULTS AND CONCLUSIONS OF THE  
STUDY AND ARE NOT TO BE USED FOR ANY OTHER PURPOSE

Verbal terrors, writer David Schreiner (*Killer Bitchness*) explores New York's underworld of witches and wizards in 1995. With Katherine Waterston, Robin Swicord, Johnny Depp and Tabu. PG-13 (16-18)

**FILMS**★★★ General Washington directed and stars in this dramatized as August Wilson's story of play about a working-class man living with family and acquaintances in the hills. With some fairly good film-making techniques. (R)A, video, DVD, VHS.

- ★ = refund please
- ★★ = could've been worse, but not what
- ★★★ = has its moments, same
- ★★★★ = smarter than the average bear
- ★★★★★ = as good as it gets

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**HOMSTER TRACKS** In this family-oriented two-act play on the cheap actor (Eugene Tilt) builds himself a monster track and built himself a life of monster it had to give it speed. With Jane Levy and Thomas Linnow. Onk... edge (late April)

**HIGHLIGHTS** ● [C] This adaptation takes the classic Harry Potter (Medium to Hardcover) tells the story of a young African-heritage grumpy teenager in a rough part of New York. *Harry Potter* A. J. (Hardcover) and *Queen Bees* (Hardcover) are also available. (C) 2014 M. J. J. J.

**WALL-TO-WALL** Jewell Lawson and Chris Ford play the only two protagonists in a sparsely transporting burlesque of suspended animation. *Mount Tyburn* (The Innovation Sam I checked, 198 min, PG-13)

**PATRICKS DAY** \*\*\*\*\* Director Peter Berg joins service/men within the US Marine Corps which brings, and the married that fallows in his drama with Mark Wahlberg, and depicts the war. Also starring Will Patton, and J.E. Johnson. (R) on the network at 8 PM.



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**Key Note: Training at Austin Heaters is a must**  
 (caption: *Training at Austin Heaters is a must*)  
 Austin Heaters is a leading manufacturer of industrial heating equipment. The company's training program is designed to ensure that all employees are fully qualified to perform their duties. The program includes a combination of classroom and on-the-job training. The on-the-job training is provided by experienced technicians who are responsible for the quality of the work. The classroom training is provided by a dedicated training department. The program is designed to ensure that all employees are fully qualified to perform their duties. The program is designed to ensure that all employees are fully qualified to perform their duties. The program is designed to ensure that all employees are fully qualified to perform their duties.



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**sharing**  
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**MONSTER TRACKS** In this family-oriented two-lapner on the cheap (under \$1,000), *Trick* builds himself a monster truck and built himself a line of monster friends to give it speed. With Jane Levy and Thomas Lennon. (Cine. edge) (for April) (drama). (MCA) (MCA)

**HIGHLIGHTS** ● [2] This collaboration between director Barry Jenkins (*Medicine for Women*) tells the story of a young African American growing family in order to be a rough part of *Blade Runner*. Jenkins, who has worked on *Blade Runner* for years, says that the film is a rough part of *Blade Runner*. Jenkins, who has worked on *Blade Runner* for years, says that the film is a rough part of *Blade Runner*.

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**ROCKY OR A STRANGER STORY?** A white hot between Episodes 13 and 14, this resolution adventure pulls the veil off our new shows as how the fabric pulled off a major coup. With Felicity Jones and Ben Barnes, George Eads and Michaela Delfino. (2013, PG-13, unrated by PG, 12, 13)



**GUINNESS** In Martin Scorsese's adaptation of Shogakukan's 1991 novel, a 19th-century Irish priest, Brother MacRae, wanders across a mission to his mentor in Japan, Andrew Garfield. Adam Driver and Anne Hathaway star. (2013, R)

**THE GIRL ON THE TRAIN** A family-friendly production on the first person in a novel about a woman who is an amnesiac and another who is a budding journalist. (2013, PG)

**UNDERWORLD: BLOOD WARS** The treatment of vampire versus werewolf action films in historical France meets modern-day action films and the 13th-century novel and the 13th-century novel. (2013, R)

**WHY WE FIGHT** Bruce Campbell plays a dad about to lose his future son-in-law to James Franco in this comedy-drama. John Hamburg (I Love the Way) with Zach Galafian and Megan Mullally. (2013, R)

## NOW ON VIDEO

**THE GIRL ON THE TRAIN** A family-friendly production on the first person in a novel about a woman who is an amnesiac and another who is a budding journalist. (2013, PG)

**KEEPING UP WITH THE JONESES** A 1960s suburban warren and dad (Zach Galafian) and his family (James Franco and Zach Galafian) answer the door. (2013, PG-13, unrated by R, 13, 13)

**GUINNESS** In Martin Scorsese's adaptation of Shogakukan's 1991 novel, a 19th-century Irish priest, Brother MacRae, wanders across a mission to his mentor in Japan, Andrew Garfield. Adam Driver and Anne Hathaway star. (2013, R)

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The Vermont Center on Behavior and Health is conducting a study to help mothers quit smoking. With your participation you could earn up to \$1,310.

If you have at least one child under the age of 12, you may qualify for this study.

To see if you qualify, go online to <http://vmap.msdspace.org> to take our online survey or call (802) 656-1906 to learn more about this study.



More movies!

For movies, music, and more, visit our website at [www.liveculturevt.com](http://www.liveculturevt.com). Don't miss out on the latest in Vermont's arts and culture scene.

## OFFBEAT FLICK OF THE WEEK

BY NANCY HARRISON



### 20th Century Women

Went to go back to Santa Barbara in 1979? I don't know if it's a Golden Globe nomination for her performance as the woman who is a mother figure, but this autobiographical coming-of-age tale from writer-director Mira Nair (who already explored this relationship with her father in *Unstrung Heroes*) Santa Barbara and the Pacific Northwest women who help shape the life of young Jamie (Lucas Jade Zumann). The picture serves up on you "wonderful" Santa Barbara in the New York Times, "filled through the intimate lens of a beautifully alive creation." See it starting Friday at Vermont's Rocky Mountain and Burlington and the Spring Theater in Montpelier.

Offbeat Flick of the Week: We pick an indie, foreign, or just plain odd movie that has local theaters. (2013, unrated by PG, 13, 13)

## Calling All Jokers!



What if we told you that you could share your jokes with the world?

No, we're not kidding! Each week, we'll publish one joke submitted by a comic on our arts blog. Live Culture. So, what are you waiting for?

TO SUBMIT, GO TO: [SEVENDAYSVT.COM/JOKE](http://SEVENDAYSVT.COM/JOKE).

Check out the "Perspective Post" online. It's a new humor column on local news that hasn't happened yet.

READ THESE EACH WEEK ON THE LIVE CULTURE BLOG AT [sevendayvt.com/liveculture](http://sevendayvt.com/liveculture).

# fun stuff

## MR. BRUNELLE EXPLAINS IT ALL LIFE'S LITTLE SECRETS, REVEALED!



© ROBERT WALDO BRUNELLE, JUN 2017

FRAN KRALJIC

## DEEP DARK FEARS



GOING TO MY DAD'S HOUSE FOR THE WEEKEND.



W'D DAD BE A SMALL AIRPORT AT NIGHT.



HE TOLD ME THE LIGHTS ON THE RUNWAYS WERE GATEWAY STARS, BUT IT WOULD BE STARS.

How to Deep Dark Fears of your worst dreams of the cartoonist from Kraljic of deep dark fears is available, and you may see your source illustrated in these pages.

## THIS MODERN WORLD

by TOM TOMORROW



EDIE EVERETTE



BRUNELLE/STYX.COM

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STYX.COM

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[illegible]

JEN SORESEN



HARRY BLISS



"We try to nurture the experiential nature of all our children here at Jini Hendrix Elementary"

RACHEL LIVES HERE NOW



**AQUARIUS**

JAN 20-31, 18

The word "inspiration" describes a person who was addicted to expressing negativity. A "yawner" on the other hand is a person who is prone to expressing optimism. According to my assessment of the astrological census, you can and should be a creative yawner in certain group settings — both for the sake of your own well-being and that of everyone whose life you touch. For inspiration, study Utopia. See if you can sing about Beethoven. He was the deliver of love, the great jaw-saver. His music is like the wind turning over a meadow of flowers, supersonic happiness infinitely multiplied.

**ARIES** (March 21-April 19) Are you more attracted to hearing group dynamics or liberating group dynamics? Do you fear more attacks as a director who organizes people or as a squabbling who inspires people? Would you rather be a chief assistant officer or a chief inspiration officer? Goodness like these will be fertile for you to meditate on in the coming weeks. The mingling of omens suggests 25 time to inquire and activate some of your potential eye leader or catalyst.

**TAURUS** (April 20-May 20) An eccentric Presbyterian minister Laurence Algan gives up on an report, and always dejected of becoming a commercial poet. Sadly he didn't do well enough in school to fulfill his wish. Yet he was smart, and ambitious enough to ac-

complish the next best thing: assembling a reliable version of a Boeing 737 cockpit in his home. With the help of Dwight, he gathered the information he needed and ordered most of the necessary parts over the Internet. The resulting masterpiece has enabled him to replicate the experience of being a pilot. It's such a convincing cop that he's been sought as a consultant by organizations that operate in aircraft maintenance. I suggest you attempt a comparable feat. Taurus: creating a verisimilar version of what you want. I bet it will eventually lead you to the real thing.

**GEMINI** (May 21-June 21) Three either may be content or you may feel you may be resistant to my counsel. But I must tell you the meanings of the planetary omens as I understood them and not fret about whether you fit it, or, then, Herin's my prescription. What Herin Herin David Thomas Watson. "We need the tonic of wisdom, to wake sometimes in ourselves when the letters and the modernism lark, and hear the booming of the triple, to smell the whispering snare where only some wider and more solitary food builds best, and the milk comes with its feints close to the ground." And why does Thomas say we need such experience? We must be reborn by the light of knowledge into a larger self-awareness. Our intellects are used.

**CANCER** (June 21-July 22) Welcome to the next deliciously ecstatic, sensually mysterious phase of your astrological cycle. To provide you with the proper recommended literature, I have studied yours, of daily advice from the postcard Janeine (Janeine-Venus) (Lundberg). Please read between the lines. 1. Navigate the coast that runs within the weather. 2. Carry the long rain if the lack has been temporarily lost. 3. Search through the deepest shadows for the bright light that cast them. 4. Deliver into the unfathomable in wonderland eye of the microscope.

**LEO** (July 23-Aug. 22) What exactly would a ball of lightning taste like? I mean, if you could somehow manage to eat it instead in your mouth without having to endure the white-hot shock. There's a basic misadventure that comes to provide this sensation.

The company known as Golden has created FirstLight Radio. And those who are extra fuzzy just. But if any sign of the radio could safely approximate eating a slush of lightning without the help of Electricity Radio, it would be you. Leo: These days you have a special talent for absorbing and enjoying and integrating the impossible.

**VIRGO** (Aug. 23-Sept. 22) Eighteenth-century painter John Reynolds said that a "disposition to abstractions to generalizing and classification" is the great play of the human mind. "To that lofty sentiment, his fellow artist William Blake responded: 'The general is to be abstruse, to particularize is the stone distraction of men.'" So I may be an ideal when I make the following generalization, but I think I might: In the coming weeks, it will be in your best interests to rely on only generalizations to guide your decisions. Getting bogged down in details is one of the big pitfalls in making the best for the truest, a potential pitfall that you can avoid and avoid.

**LIBRA** (Sept. 23-Oct. 22) Can't enter Bahadur Hotel proved the most Dorian. Lessons for the Ascendant Age. It consists of the sentence. But it's a long, clear sentence — a paper worth its streamers from the mouth of the novelist, as an older man bent on telling of the big stories of his life. If there were ever to come a time when you too would have come generation and a postcard to provide a new sentence, 12-page sentence. Like, it would be a writing week. Read your book of books through your abstractions. Celebrate your epic tale. (PS: Show this homepage to the people you like in your abstractions.)

**SCORPIO** (Oct. 23-Nov. 21) When Pluto was discovered in 1930 and astronomers called it the ninth planet, but 76 years later they changed their mind, in accordance with shifting definitions, they demoted Pluto to the status of a mere "dwarf planet." But in recent years, two researchers and astronomers at Caltech have found convincing evidence for a new ninth planet. Konstantin Batyagin and Michael E. Brown are tracking an object that is much larger than

Earth. Its orbit is so far beyond Neptune's orbit that it takes 10,000 years to circle the sun. As yet, it doesn't have an official name, but Batyagin and Brown informally refer to it as "Planet 9." Bring this to your attention. Maybe because I suspect that you too are on the verge of locating an astronomical new addition to your universe.

**SAGITTARIUS** (Nov. 22-Dec. 21) The tarotists and palmists are both right-handed, a family of flowering plants. Telling, advantage of the community botanicals have used the technique of grafting to produce a gemstone plant. Its roots yield potatoes, while its vines grow juicy tomatoes. How would be a good time for you to experiment with a metaphorically similar mission, Sagittarius. Can you think of how you might generate two useful influences from a single source?

**CAPRICORN** (Dec. 22-Jan. 19) Same guy I don't know keeps sending me emails about great job opportunities for friends. I'd like to say for a technical writer for a social media company for example, and a solid media center for a business that offers travel programs. His messages are not sent. The pigs are illegitimate. And yet, in the end, I'm interested. I already have several jobs. I enjoy the writing these horoscopes. I suspect that you too may receive worthy but ultimately unreviewed invitations in the coming days, Capricorn. My advice: If you remain faithful to your true needs and emotions, more opportunities will eventually flow your way.

**PISCES** (Feb. 19-March 20) If the living person, I might refer to a group of flowers as the Book. But one of the most colorful and equally correct terms is a "flemish year" of flowers. Standing a bunch of pretty event events (bald antennae and big flaps) yep, they may be called a kaleidoscope of butterflies. The collective noun for colors can be a bunch. For presents a bouquet, for an exhibition and for fire, a charm. In accordance with current astrological omens, I'm borrowing these terms to describe members of your tribe. A bunch or kaleidoscope of Pisces? Not a decade or bouquet or exhibition or charm of Pisces? Not All of the above.

CHECK OUT ROB BREZNYI'S EXPANDED WEEKLY AUDIO HOROSCOPES & DAILY TEXT MESSAGE HOROSCOPES: REALASTROLOGY.COM OR 1-877-475-8888

**Eva Solberg's**

**STUCK IN VERMONT**

...AND LOVIN' IT!

Watch at [sevendaysvmt.com](http://sevendaysvmt.com)

**FROM THE ARCHIVES**

Here, from 1,000 years ago, look back into the lives of the first Americans of Lake Champlain. From money for Spence's Complex Volume. In this video from 2015, Eva Solberg took the first step in planning to create the first video of 2015 in history.

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HOTEL VERMONT



# HOOKUPS

For groups, BDSM, and kink:  
[dating.sevendaysvt.com](http://dating.sevendaysvt.com)

## WOMEN Seeking?

**FOOT ANNA SEKS FOLK TRUCKS/BIKES**  
 I want to drive hot. Search myself through online relations but know that I enjoy parties too. This from me, I can't even pretend, after for ladies teaching the women. You need to be with me and have an understanding of polyamory. I can be the best sex you've ever had. I'm available for a date. I'm looking to meet the most hot people. [anna@sexdays.com](mailto:anna@sexdays.com) **36** **C**

## FRESH-FORMED, READY FOR ADVENTURE

Looking for some physical fun with a touch of knowledge and conversation and a little bit of mystery. [angel@sexdays.com](mailto:angel@sexdays.com) **41** **C**

## REMYOT LOVE

Personality is everything! I'm single, looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [remyot@sexdays.com](mailto:remyot@sexdays.com) **41** **C**

## SEKING MEET ME THERE

Hi I'm a 30-year-old female, looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [seking@sexdays.com](mailto:seking@sexdays.com) **41** **C**

## NON-PLAYING, SEEKING

Looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [nonplaying@sexdays.com](mailto:nonplaying@sexdays.com) **41** **C**

## MEN Seeking?

### ANIMAL MAGNETISM

Experienced, in touch, in shape, sexy. Looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [animalmagnetism@sexdays.com](mailto:animalmagnetism@sexdays.com) **41** **C**

### WANT SOME SEX

I want to have sex. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [wantsome@sexdays.com](mailto:wantsome@sexdays.com) **41** **C**

### THUNDERBOLT

Looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [thunderbolt@sexdays.com](mailto:thunderbolt@sexdays.com) **41** **C**

### TATTOO YEAH

I have a tattoo. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [tattoo@sexdays.com](mailto:tattoo@sexdays.com) **41** **C**

### DISCREET/PRO-REBATED SOCIETY

Looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [discreet@sexdays.com](mailto:discreet@sexdays.com) **41** **C**

**THE SEXY SLEAZE: BODY AND SOUL**  
 I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [sexy@sexdays.com](mailto:sexy@sexdays.com) **41** **C**

### GOOD AS GOLD: FUN FUN FUN

I want to have sex. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [goodasgold@sexdays.com](mailto:goodasgold@sexdays.com) **41** **C**

### NEEDY: BODY AND SOUL

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [needy@sexdays.com](mailto:needy@sexdays.com) **41** **C**

### TALL KING

Looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [tallking@sexdays.com](mailto:tallking@sexdays.com) **41** **C**

### INTERESTED IN MEETING UP

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [interested@sexdays.com](mailto:interested@sexdays.com) **41** **C**

### SHADE: SEAN: MEET ME THERE

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [shade@sexdays.com](mailto:shade@sexdays.com) **41** **C**

### LADIES: YOU'LL LOVE MYSELF

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [ladies@sexdays.com](mailto:ladies@sexdays.com) **41** **C**

### PASSION: ENERGY FUN

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [passion@sexdays.com](mailto:passion@sexdays.com) **41** **C**

### SECRET: THUNDERBOLT: SEEKING

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [secret@sexdays.com](mailto:secret@sexdays.com) **41** **C**

### IN FOR A LADY

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [inforalady@sexdays.com](mailto:inforalady@sexdays.com) **41** **C**

### THIS IS ME: ME

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [thisisme@sexdays.com](mailto:thisisme@sexdays.com) **41** **C**

### MEETING AND EATING

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [meetingandeating@sexdays.com](mailto:meetingandeating@sexdays.com) **41** **C**

## OTHERS Seeking?

### HE WANTS TO GET SOME

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [hewantstosomesome@sexdays.com](mailto:hewantstosomesome@sexdays.com) **41** **C**

### CASUAL: SEXY COUPLE

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [casual@sexdays.com](mailto:casual@sexdays.com) **41** **C**

### ADVENTURE: OUTDOOR: CASUAL

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [adventure@sexdays.com](mailto:adventure@sexdays.com) **41** **C**

### DISCREET: GEOMETRY: INTERESTING

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [discreet@sexdays.com](mailto:discreet@sexdays.com) **41** **C**

### HIGH-DEAL: ADVENTURE

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [highdeal@sexdays.com](mailto:highdeal@sexdays.com) **41** **C**

### JOINT: JOINTS

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [joint@sexdays.com](mailto:joint@sexdays.com) **41** **C**

### TEK US ON: FUN

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [tekuson@sexdays.com](mailto:tekuson@sexdays.com) **41** **C**

### ONCE: ONCE: ONCE

I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. I'm looking for a like-minded individual for a semi-serious relationship. We would want to have a casual relationship to get to know each other. [once@sexdays.com](mailto:once@sexdays.com) **41** **C**

Your wise counselor is  
 Love, lust and life

## ASK ATHENA

Dear Athena,

I know I'm not the only person who feels this way — in fact, some of my close friends do too. Every holiday I try desperately not to feel crushingly disappointed when there's no engagement ring. My boyfriend and I are too poor to get married anytime soon. We have been together for over two years and struggle to get by. I have suggested the idea of us buying a cheap ring together or not buying a ring at all. He talks about getting married all the time and what he imagines our wedding to be like. And I'm not, no proposal.

My question is how do I not feel sad after a holiday (my personal best effort) and I am given a setting low expectations and being thankful for what I do have. It's hard to see friends getting engaged all around me. I just want to enjoy each holiday without a twinge of sadness that this is another year without a fiancé.

Dear Waiting,

There are a lot of reasons people shouldn't get married, but being "too poor" shouldn't be one of them. Maybe you can't throw a big party at a fancy hotel or get that chocolate fountain or designer dress, but you can celebrate in every other unique and inexpensive way. I think the question you are posing is really for your partner.

If you think he should be the one to propose, why not ask him why he hasn't? It's not selfish to want to make your expectations clear. And it makes perfect sense why you'd be ready and eager to hear — "well, the more I tell you, the more I realize that talking about getting married is nice, but you're ready to plan that special day. If you don't, the passage of holidays or birthdays won't be the only times you feel let down. Now, brooding disappointment might turn into resentment.

We all experience moments when we think everyone else is getting ahead faster or cheaper or better off. And there are times when it might be true. But each of us is on our own path. It's possible that things happen at the time that suits us best, even if we wish someone or something would pick up the pace already.

Know this: if you continue to define "our" based on what other people are doing or not doing, you'll remain unsatisfied. That kind of dissatisfaction can go on forever if you let it.

Instead, focus on what you do have and what you can control. And if you're really worried something might go wrong, you can get it. Talk to your partner. Tell him your fears and doubts. And heck, why not standard tradition rules and pop the question yourself?



Need advice?

You can send your own question to her at [askathena@sevendaysvt.com](mailto:askathena@sevendaysvt.com).

Yours  
 Athena



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VOLTAIRE



Trump supporters and protesters outside the Flynn Center in Burlington, January 1, 2016

Photo: Matthew Thomas

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